

VEGAN COOKING FOR ONE: OVER 150 SIMPLE AND APPETIZING MEALS

A new edition of the Single Vegan, which has sold over 60,000 copies, which contains 30% new recipes Often vegans, although they may be part of a large family, have to cook...



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Vegan Cooking for One: Over 150 simple and appetizing meals

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Original Book Format	Paperback
Number of Pages	224 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	5.47 MB

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Reader's Opinions

For Americans, some of the soy products are hard to find, and in general, you might not want to eat as much soy as this author has in her recipes, but it was a great cookbook for when I was only cooking for myself. The recipes were easy; the serving sizes were about right.