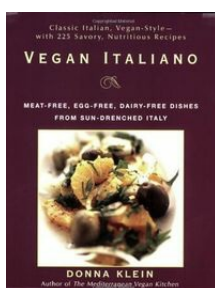


# VEGAN ITALIANO: MEAT-FREE, EGG-FREE, DAIRY-FREE DISHES FROM SUN-DRENCHED ITALY

In the sumptuous style of classic Italian cuisine, this collection of delectably authentic recipes reinvents vegan. Mouth-watering dishes burst with fresh fruits,vegetables, whole grains, nuts, and healthy fats like olive oil - all within an animal-free diet, ideal for lactose-intolerant eaters and vegetarians, too. Delicious Italian food was made for bountiful and flavor-filled variations, not weak substitutions - which is why none of these recipes calls for tofu, soy milk, or other ingredients...



## READ/SAVE PDF EBOOK

### Vegan Italiano: Meat-free, Egg-free, Dairy-free Dishes from Sun-Drenched Italy

Author	Donna Klein
Original Book Format	Paperback
Number of Pages	192 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	4.69 MB

Click the button below to save or get access and read the book Vegan Italiano: Meat-free, Egg-free, Dairy-free Dishes from Sun-Drenched Italy online.



## Reader's Opinions

A staple cookbook for me.