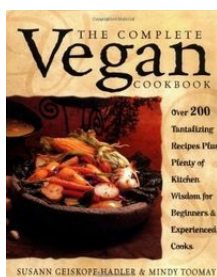


THE COMPLETE VEGAN COOKBOOK: OVER 200 TANTALIZING RECIPES PLUS PLENTY OF KITCHEN WISDOM FOR BEGINNERS AND EXPERIENCED COOKS

Now vegan means vitality and vibrant taste! A simple definition--"The vegan diet consists exclusively of foods from the vegetable kingdom and excludes all animal products--meat, poultry, fish, seafood, eggs, dairy, and honey--as well as products which are processed using animal ingredients." Good health and great flavor have finally come together! Whether you're a full-time vegan or simply looking for an occasional "ideal" meal--one low in saturated fat and cholesterol and high in health-enhancing nutrients and great taste--here is your definitive source for...



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Reader's Opinions

The recipes in this cookbook are unfailingly delicious, gourmet and most are not too difficult. The ingredients are sometimes expensive and sometimes difficult to find. But so worth it. We just had the Southwest Corn, Chard and Potato Soup. Wow!

Well, I like this cookbook; it has a lot of good general cooking information and the recipes are good, although there are not enough of them so that I'd want this to be my only cookbook or my main cookbook. The thing I like best about this cookbook is that each recipe has complete nutritional information, including the mention of 0...