

The Mediterranean Vegan Kitchen Donna Klein

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The Mediterranean Vegan Kitchen Donna

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The Mediterranean Vegan Kitchen - Kindle edition by Donna ...

I love Mediterranean food, but many cookbooks in this genre are weighed down with recipes that rely heavily on animal products (especially cheeses). The Mediterranean Vegan Kitchen is a welcome, high-quality exception. It's easily among my favorite vegan cookbooks.

The Mediterranean Vegan Kitchen by Donna Klein

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About The Mediterranean Vegan Kitchen. After years of research, scientists declared that the Mediterranean diet was the best one for overall good health-and the exciting news was that it tasted great, too.

The Mediterranean Vegan Kitchen by Donna Klein ...

This book has taught me that a vegan diet can be wonderful in its' own right, without trying to mimic a meat-eating diet. If I could only recommend two books for a new vegan, this would be one of them! The Mediterranean cuisine is fabulous and this author has done a wonderful job.

The Mediterranean Vegan Kitchen, Klein, Donna, Good Book ...

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After years of research, scientists declared that the Mediterranean diet was the best one for overall good health-and the exciting news was that it tasted great, too. With recipes for everything from nutritious appetizers to dairy-free desserts, this unique Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious ...

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The Mediterranean Vegan Kitchen: Meat-Free, Egg-Free ...

"The medical world has been touting the health benefits of the Mediterranean diet for decades. In The Mediterranean Vegan Kitchen, Donna Klein provides more than 300 recipes suited to anyone who wants to eat a healthful diet free of animal products. Unlike many vegetarian or vegan cookbooks that simply take the meat or dairy products out of a recipe—or even worse, use tasteless substitutes ...

Mediterranean Vegan Kitchen - Vegan Books - Your Daily Vegan

Donna Klein, a food writer who has contributed to The Washington Post, Vegetarian Gourmet, Veggie Life, The Herb Companion, and Yoga Journal, studied French regional cooking at Le Cordon Bleu, Paris.

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