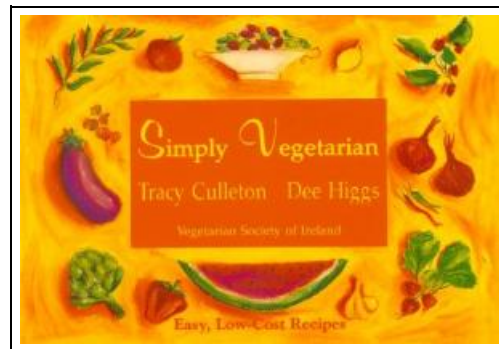


Simply Vegetarian



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

SIMPLY VEGETARIAN



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Merlin Publishing. Paperback. Book Condition: new. BRAND NEW, Simply Vegetarian, Tracey Culleton, Dee Higgs, With an increased emphasis on healthy eating and in the wake of the BSE/CJD scare of the 1990s, more people are either supplementing their diet with more non-meat products or are becoming totally vegetarian. Compiled by the Vegetarian Society of Ireland, this book brings together a collection of recipes to make vegetarian cooking appealing to all tastes "Simply Vegetarian" presents a variety of starters from avocado and mushroom platter to corn chowder; 40 main courses from stews and roasts to flans, pies and hot pots; and accompaniments - mint and yoghurt sauce, tabouleh, and aubergine pate to name but a few. The volume aims to satisfy all the way from starter to coffee. In a comprehensive approach to diet, the book also provides ideas for pregnant and lactating women, weaning babies and for teenagers flirting with vegetarianism for the first time, those with eating disorders - as well as those wishing to expand their repertoire or simply cater for vegetarian friends.



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