

200 Light Vegetarian Dishes Hamlyn All Colour Cookbook

Over 200 inventive recipes for delicious meals that are ready when you are. Would you like to cut down on convenience food? Want to eat home-cooked meals but just don't have the time or energy to prepare them after a busy day? Then a slow cooker could be the solution for you. Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. 200 Slow Cooker Recipes provides over 200 recipes for you to enjoy, with delicious ideas for breakfasts and light bites, meat dishes, vegetarian meals, fish and seafood dishes and desserts.

"The little known cultures and cuisine of northern Laos are the source of the recipes, contributed by Laos' local ethnic groups and Luang Namtha Province's oldest and most renowned ecolodge. Few outsiders have the opportunity to explore the foods of northern Laos in depth. Much of it is only available in people's homes and villages or from the cooking pots of local stalls and markets. Restaurants generally present 'pan Asian' dishes to meet tourist's expectations and the locals' need for different tastes than a home cooked meal. Cookbooks on Lao food are scarce and until now, did not cover Lao cuisine north of Luang Prabang. But now, Food from Northern Laos describes the dishes, ingredients and cooking arts of this scarcely known cuisine within its cultural context. With this book, we hope Lao cooking will gain the recognition it deserves. Eighty-eight dishes from Lao, Kmhmu', Tai Dam, Tai Yuan, Tai Lue Akha are presented in clear, simple recipes. Sprengers' stunning photography of the province's people and food preparation in village homes and at The Boat Landing Guest House and Restaurant ties the dishes to their indigenous setting. unique cookbook includes: A photo-illustrated glossary of ingredients and substitutions ; Descriptions of Lao preparation and cooking techniques ; An explanation of traditional cooking equipment ; A bibliography, including web links." --Publisher.

This flexible cookbook allows you to choose from a range of tempting recipes based on how much time you have available. Inside, you will find 365 dishes that will inspire and motivate students to get cooking every day of the year. This fantastically flexible approach will help you create a variety of great dishes including breakfast and light bites, midweek meals, family favourites, food for friends and delicious desserts. Here is a collection of 200 tasty dessert recipes for every occasion. Presented in a handy format with colour photographs and easy-to-follow recipes, Hamlyn All Colour Cookbook: 200 Delicious Desserts is great value for money. From fresh and fruity to rich and creamy, here you will find recipes to suit all tastes and seasons. With recipes including chocolate mousse cake, lime crunch tart and white chocolate fondue, this book will satisfy even the sweetest tooth.

Cutting down on red meat is a great way to avoid eating too much saturated fat, as well as keeping your cholesterol low. Now that the quality of fruit and vegetables that we can buy is so good, more and more people are opting to eat meat-free meals in order to save money and calories. This book can help you start up a meat-free regime, or if you are already a committed vegetarian, it can boost your repertoire with its inventive low-fat meals that come in under either 500, 400 or 300 calories. A delicious range of salads, soups, main courses and desserts for low-calorie meat-free meals at any time

of day.

With straightforward recipes you can trust from Mary Berry, the beloved judge of The Great British Baking Show, *Fast Cakes* is a must-have for all busy bakers. *Fast Cakes* is a definitive baking book from the queen of baking, Mary Berry. Mary has incorporated her all-in-one method of preparation into as many recipes as possible, so her recipes are now faster to make than ever--nearly 100 of the bakes take only ten minutes to make. There are scones, buns, cookies, bars, and breads perfect for any school or family party and, of course, fool-proof cakes for any occasion, from Honey & Almond Cake to Mary's First-Rate Chocolate Cake. *Fast Cakes* also includes many recipes perfect to make with kids, including Happy Face Cookies, Traffic Lights, and Jammy Buns. If you miss Mary's wisdom and inspiration from The Great British Baking Show, or simply want a brand-new companion to Mary Berry's *Baking Bible*, this is the cookbook for you, with more than 150 easy recipes to make with confidence.

Having limited time to spend in the kitchen need not mean beans on toast every night. With a slow cooker and minimal preparation time you can rustle up delicious stews, sauces and soups, as well as indulgent sweet treats. Simply leave your ingredients to cook throughout the day or overnight, and there will always be a hot meal waiting for you at the end of a busy day. In our second volume of slow cooker recipes in the Hamlyn All Colour series, we show you how versatile a slow cooker really is. Why not treat yourself to a Red pepper, sage and chorizo frittata, a fish terrine or a Salmon and asparagus risotto? And if you thought desserts were not for slow cooking, think again! Here we show you how to create a mouthwatering collection of treats, including; Hot banana and chocolate mousses, Date and ginger syrup pudding and Blueberry and lemon curd upside down puddings.

For many, cooking in the week is a bore; it's a 'must-do' rather than a 'want to' activity in their busy schedule, and when energy levels are low, it's all too easy to reach for a take away menu and break the diet. However, thanks to this simple recipe collection, cooking can be a creative, therapeutic and above all, a brief process! These recipes will kick-start your enthusiasm and tantalise your tastebuds, and to top it all off, they're all between just 300 and 500 calories!

This title provides over 200 exciting new ways to bake delicious homemade bread with your bread machine. Presented in a handy format with colour photographs and easy-to-follow recipes in a bread machine, *Hamlyn All Colour Cookbook: 200 Bread Recipes* is great value for money. The book caters for both sweet and savoury tastes, as well as those with gluten and wheat allergies. With such mouthwatering combinations as halloumi and mint, olive and coriander and orange and poppy seed, baking has never been so satisfying!

160+ fast recipes, fresh flavours and simple standbys for every day and any occasion. Combining vibrant flavours and fresh ingredients with simple, no-fuss techniques, *FAST, FRESH, SIMPLE* is the perfect companion for the everyday cook. Donna also brings her acclaimed signature style to *FAST, FRESH, SIMPLE* with tips and tricks for presenting beautiful meals in the home kitchen. With hundreds of recipes to suit every occasion, from quick weeknight dinner solutions to elegant dinner parties, Donna's latest offering is the ultimate guide to creating delicious meals that look as good as they taste. *FAST, FRESH, SIMPLE* is an

essential item for those who love to cook and share with loved ones and friends. Cooking a meal from scratch can be a satisfying, relaxing and rewarding experience, no matter what your level of experience and time available. If you are keen to develop your culinary skills but are unsure where to begin, Hamlyn All Colour Cookbook: 200 Really Easy Recipes provides the perfect solution. Here is a collection of varied and simple-to-make dishes for every occasion, from starters and main meals to delicious desserts. Why not impress your friends and family with roasted pumpkin soup, a warm scallop salad or perhaps a caramel ice cream cake?

130+ recipes all suitable from 6 months old Wean your baby and feed your family at the same time by cooking just one meal in under 30 minutes that everyone will enjoy! Say goodbye to cooking multiple meals every day and the nuisances of making special little spoonfuls for your baby, plainer dishes for fussy older siblings, and something different again for the grown-ups. With this ingenious new way to introduce solid food to your baby, you'll cook a single meal and eat it together as a family where the baby will learn how to eat from watching you. Each recipe is quick to prepare and easy to adapt for different ages and dietary requirements. So forget 'baby food' and make light work of weaning with What Mommy Makes!

For centuries herbs and spices have been an integral part of many of the world's great cuisines. But spices have a history of doing much more than adding life to bland foods. They have been the inspiration for, among other things, trade, exploration, and poetry. Priests employed them in worship, incantations, and rituals, and shamans used them as charms to ward off evil spirits. Nations fought over access to and monopoly of certain spices, like cinnamon and nutmeg, when they were rare commodities. Not only were many men's fortunes made in the pursuit of spices, spices at many periods throughout history literally served as currency. In *Culinary Herbs and Spices of the World*, Ben-Erik van Wyk offers the first fully illustrated, scientific guide to nearly all commercial herbs and spices in existence. Van Wyk covers more than 150 species—from black pepper and blackcurrant to white mustard and white ginger—detailing the propagation, cultivation, and culinary uses of each. Introductory chapters capture the essence of culinary traditions, traditional herb and spice mixtures, preservation, presentation, and the chemistry of flavors, and individual entries include the chemical compounds and structures responsible for each spice or herb's characteristic flavor. Many of the herbs and spices van Wyk covers are familiar fixtures in our own spice racks, but a few—especially those from Africa and China—will be introduced for the first time to American audiences. Van Wyk also offers a global view of the most famous use or signature dish for each herb or spice, satisfying the gourmand's curiosity for more information about new dishes from little-known culinary traditions. People all over the world are becoming more sophisticated and demanding about what they eat and how it is prepared. *Culinary Herbs and Spices of the World* will appeal to those inquisitive foodies in

addition to gardeners and botanists.

Whether you're a die-hard vegetarian or a committed carnivore, the mouthwatering veggie recipes in 200 Veggie Recipes can be enjoyed by the whole family to keep everyone healthy and happy. Choose from simple snacks such as Mushroom and Ginger Crispy Wontons or Sweet Potato and Coconut Soup to more filling Thai Red Curry Vegetable Pies and the tempting Tiramisu Cheesecake. With such a considerable selection, you'll be able to create fantastic vegetarian meals to suit all persuasions and occasions. Every recipe is accompanied by a full-page color photograph and clever variations and new ideas, giving you over 200 meals to choose from. The hardest part for you is deciding which delicious dish to cook first!

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COOKERY FOR SPECIFIC DIETS & CONDITIONS. Cutting down on red meat is a great way to avoid eating too much saturated fat, as well as keeping your cholesterol low. Now that the quality of fruit and vegetables that we can buy is so good, more and more people are opting to eat meat-free meals in order to save money and calories. This book can help you start up a meat-free regime, or if you are already a committed vegetarian, it can boost your repertoire with its inventive low-fat meals that come in under either 500, 400 or 300 calories. A delicious range of salads, soups, main courses and desserts for low-calorie meat-free meals at any time of day.

Having plenty to eat and no forbidden food is every slimmer's dream. It sounds too good to be true, but it's the approach that has enabled thousands of Slimming World members to reach their target weight - the weight they have chosen to be. No foods are banned at Slimming World. There's no calorie counting and there are hundreds of 'Free Foods' which can be eaten in unlimited amounts. The Slimming World diet is designed to make weight loss easy and more enjoyable and this recipe book makes the healthy eating plan available to everyone.

Packed with nutritional advice, lifestyle and diet information, as well as over 150 wonderfully healthy recipes, simply follow the eating plan and lose weight. And by adopting and developing healthy eating habits for life, the weight will be lost for good.

A collection of recipes for hearty salads features such options as charred broccoli and lentil salad, spring vegetable panzanella, grilled lobster salad with lemon-thyme butter, and curried chicken, grape and cheddar salad. Any school child can make a salad, but you're looking for something that can carry the day as a one-bowl lunch or dinner. Dressing on lettuce isn't going to cut it. The editors of Food52 present a collection of recipes for hearty salads you can use as jumping-off points for your own culinary experimentation.

Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. Hamlyn All Colour: 200 Family Slow Cooker Recipes provides over 200 recipes for your entire household to enjoy - stews, sauces and

soups, as well as desserts and sweet treats. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2)

Make the most of your time with this new collection of fast recipes from the popular Hamlyn All Colour series. Whether you are a seasoned vegetarian or simply trying to cut down on your meat intake, Hamlyn All Colour Cookbook: 200 Fast Vegetarian Dishes offers a variety of vegetarian recipes that can be ready in no more than 30 minutes. Recipes include the spicy Arrabiata Polenta Bake, the Pasta with Goats' Cheese & Walnut Sauce, or Pineapple Fritters if your sweet tooth is calling.

"A metabolism-boosting cookbook from Haylie Pomroy, the #1 New York Times best-selling author of The Fast Metabolism Diet"--

Italians are famous for their fabulous food and their passion for cooking - ingredients must be fresh and seasonal, cooking techniques must merely enhance the delicious natural flavour of food. Italian cuisine has also become hugely popular in the UK, with an Italian restaurant appearing on nearly every high street. From antipasti to indulgent desserts, this book provides you with 200 delicious ideas for re-creating that authentic Italian flavour in your own home. Each dish is accompanied by easy-to-follow instructions and a full page colour photograph to ensure perfect results every time.

Make the most of your time with this new collection of fast recipes from the ever-popular Hamlyn All Colour series. Chicken is a versatile and inexpensive ingredient that is both nutritious and easy to prepare, making it an ideal solution for a quick-fix dinner. With a collection of recipes that take up to 30 minutes to cook, Hamlyn All Colour Cookbook: 200 Fast Chicken Dishes offers a variety of fresh ideas for a swift meal.

The Truly Healthy Vegetarian Cookbook delivers over 100 deliciously low-carb vegetarian recipes that are actually good for you. Certified health coach Elizabeth Thomson didn't always follow the healthy vegetarian lifestyle that she does today. Like many Americans, Elizabeth once believed that going "meatless" was healthy enough. Without much cooking experience, she relied on convenience meals like mac n' cheese, French fries, and pizza--all of which were vegetarian, but not nutritious. Today, the voice of the popular blog I Heart Vegetables has reformed her unhealthy eating habits, and with The Truly Healthy Vegetarian Cookbook, she'll help you do the same. With wholesome vegetarian recipes that offer variety and simplicity, this vegetarian cookbook will prove that going beyond pasta, white rice, and meat substitutes is easier--and more delicious-- than you thought. In The Truly Healthy Vegetarian Cookbook you'll find: 100+ easy-to-make vegetarian recipes that are high-protein, low-carb, and unique to this vegetarian cookbook Flexible recipe modifications for a variety of diets, such as dairy-free,

nut-free, gluten-free, vegan, and more Super-easy, budget-friendly meals that the whole family will enjoy, regardless of dietary preferences Not all vegetarian recipes are healthy. For easy, delicious vegetarian meals that are truly good for you, turn to the pages of The Truly Healthy Vegetarian Cookbook.

Want to lose those extra pounds and live a healthy lifestyle? Start today and lose weight instantly! Vegetarian Weight Loss is written for anyone who wants to lose weight fast while following one of the healthiest and easiest ways to eat! Not only will you start to feel great but you will be shedding all those unwanted pounds too! Most people, when they start to look at becoming a vegetarian can be slightly overwhelmed at all of the different information out there. Especially when it comes to losing weight and staying healthy at the same time! That is why I wrote this book. I wanted to clear up a lot of that confusion and give you a very simple, quick to read guide to losing weight from eating like a vegetarian. In "Vegetarian Weight Loss" you will discover: How being vegetarian helps you lose weight - the scientific proof is all there, being vegetarian will make you lose weight! The health benefits of the vegetarian diet - all the great things you can expect to experience with this fantastic way of eating Vegetarian Sources Of Vitamins And Protein - this chapter is crucial if you are going to remain healthy whilst being a vegetarian! Foods To Eat And Foods To Avoid - an easy to read guide of all the great foods you can eat, but also the ones that you should avoid! Tips For Weight Loss Success - use my special tips to boost and accelerate your weight loss and good health! 50 delicious, mind blowing Vegetarian Weight Loss Recipes - all my very best vegetarian recipes to help you lose weight! And much more... The Vegetarian Weight Loss diet is really simple and fun to follow, whether you go vegan or vegetarian your body will experience a complete transformation! This book is pure cutting-edge content from someone who has spent the past 3 years and thousands of hours of research testing and refining what really works to bring you only the best of the best recipes, methods , and weight loss tips.

Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avßav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine. Hamlyn All Colour 200 Wok Recipes combines 200 classic and contemporary dishes for every occasion. With a range recipes for meat and fish lovers, rice and noodle dishes and vegetarian ideas, the book is ideal for people cooking at all levels and with a

variey of tastes. Presented in a handy format with colour photographs and easy-to-follow recipes Hamlyn All Colour 200 Wok Recipes is great value for money. Would you like to cut down on convenience food? Want to eat home-cooked meals but just don't have the time or energy to prepare them after a busy day? Then a slow cooker could be the solution for you. Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. Hamlyn All Colour: 200 Slow Cooker Recipes provides over 200 recipes for you to enjoy, with delicious ideas for breakfasts and light bites, meat dishes, vegetarian meals, fish and seafood dishes and desserts. This book, by nutritionist Sarah Flower, is packed with delicious, healthy and simple meals as well as general advice on how to use and maintain your Halogen Cooker. Halogen Cookers are ideal for those who live alone; or for cooking quick, easy and nutritious family meals without the expense of heating up a conventional oven. With your halogen oven you can cook up to 40% faster than with your conventional oven. It can be used to bake, grill, defrost, roast, steam and brown, and is the perfect one pot cooker. Unlike a microwave, it can cook brown and crispy pastry dishes and jacket potatoes. - How to get the most from your halogen cooker - Weekly menu plans - Soups and Casseroles - Main Meals - Quick snacks - Cakes and desserts - Stockists & further information

Whether you're a die-hard vegetarian or a committed carnivore, the mouthwatering veggie recipes in Hamlyn All Color Cookbook: 200 Vegetarian Recipes can be enjoyed by the whole family to keep everyone healthy and happy. Choose from simple snacks such as Mushroom and Ginger Crispy Wontons or Sweet Potato and Coconut Soup to more filling Thai Red Curry Vegetable Pies and the tempting Tiramisu Cheesecake. With such a considerable selection, you'll be able to create fantastic vegetarian meals to suit all persuasions and occasions. Every recipe is accompanied by a full-page color photograph and clever variations and new ideas, giving you over 200 meals to choose from. The hardest part for you is deciding which delicious dish to cook first!

This versatile collection of 360 recipes is perfect for the busy cook. In this innovative book, you can dial the basic recipe up or down to suit the amount of time you have. Just choose the version that suits you. If you are pressed for time, then the 10-minute option gives you clever short cuts. A few more minutes to spare? Using the 20-minute version, your meal will be on the table in 20 minutes or fewer. Have the time to spend a little longer to add something special? The 30-minute variation is the one you need. Whether you are cooking for hungry kids or feeding a crowd for dinner, the Hamlyn Quick Cook Series puts you in the driving seat with a fantastically flexible approach that allows you to cook just what you want, in exactly the time you have available.

Halogen ovens are super convenient, compact appliances that can be kept on your kitchen counter. They heat with a combination of infra red and convection to cook food 40% faster than a conventional oven - without any of the dreaded soggyneess associated with microwaves. Using a combination of racks you simply layer the food, set the dials and produce a whole meal from one appliance. Whether it's simply defrosting a joint of meat or making a more elaborate recipe, a halogen will take the time and hassle out of all your favourite dishes. As ever with our popular Hamlyn All Colour series, you'll find 200 delicious recipes with step-by-step instructions and colour photography to ensure perfect results every time. Why not discover how easy halogen

cooking can be?

Hamlyn All Colour Cookbook: 200 Pasta Recipes provides everyone with a comprehensive guide to creating 200 easy-to-make and tempting pasta recipes. Whether you fancy a simple Spring Garden Pasta Salad, a Classic Meat Lasagne or a more extravagant pasta dish with Swordfish, Artichoke Hearts & Black Olives, this book supplies recipes for all tastes, appetites and occasions. Every recipe is accompanied by a full-page colour photograph and clever variations and new ideas to give you over 200 meals to choose from. The hardest part for you is deciding which delicious dish to cook first! Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Super Soups (ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2)

Gluten-free is the way to be for many of those who suffer from coeliac disease, gluten allergies and even those who simply want to cut wheat from their diet. With over 200 delicious recipes, Hamlyn All Colour: 200 Gluten-Free Recipes showcases how easy life can be when eating gluten-free, and beautiful photographs and clear instructions make this book perfect for every cook at all ability levels. With recipes such as breakfast cereal bars, Thai coconut chicken, Victoria sandwich cake, chocolate caramel shortbread and lemon drizzle cake, this book enables home cooks to create healthy meals at home without sacrificing flavour. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2) 200 Barbecue Recipes (ISBN 978-0-600-63332-7) 200 Cupcakes (ISBN 978-0-600-63335-8) 200 Juices & Smoothies (ISBN 978-0-600-63330-3) 200 Slow Cooker Recipes (ISBN 978-0-600-63349-5) 200 Student Meals (ISBN 978-0-600-63340-2) 200 Super Salads (ISBN 978-0-600-63348-8) 200 Thai Favourites (ISBN 978-0-600-63346-4)

Hamlyn All Colour Cookbook: 200 Super Salads provides 200 varied salads for every occasion including healthy summer salads, exotic fruit salads and warm salads for winter. Beautiful photographs and clear instructions make this book perfect for every cook. Presented in a handy format with easy-to-follow recipes, 200 Super Salads is great value for money. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2) 200 Barbecue Recipes (ISBN 978-0-600-63332-7) 200 Cupcakes (ISBN 978-0-600-63335-8) 200 Gluten-Free Recipes (ISBN 978-0-600-63342-6) 200 Juices & Smoothies (ISBN 978-0-600-63330-3) 200 Slow Cooker Recipes (ISBN 978-0-600-63349-5) 200 Student Meals (ISBN 978-0-600-63340-2) 200 Thai Favourites (ISBN 978-0-600-63346-4)

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Whether for health or environmental reasons, the number of people in the world opting to follow a vegan lifestyle has soared - there are now an estimated one million vegans in the States. In response to this popularity, vegan food has become more accessible, higher in quality and better value for money. Whether you're new to veganism and looking to experiment with healthy and environmentally-friendly alternatives to your favorite foods, or a seasoned vegan, this book is sure to inspire your dishes and tantalize your taste buds. However you choose to eat, the key to a satisfying diet is variety, and with 200 mouth-watering recipes, you'll never be short of inspiration, and you can easily make vegan food a regular part of your life. From quick snacks and light lunches to decadent dinner party delights, 200 Vegan is every Vegan's essential new kitchen companion.

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