

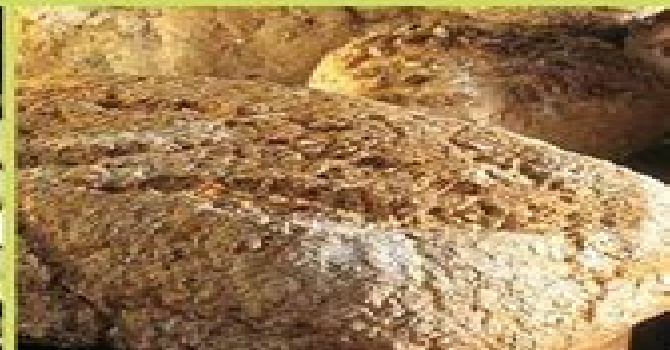


THE VEGETARIAN'S BIBLE

350 Quick, Practical, and Nutritious Recipes



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The Vegetarian's Bible Inga-Britta Sundqvist, 2012 Discusses different types of vegetarian diet choosing environmentally friendly and healthy foods storage and food categories and provides menus for themed buffets and recipes for main and side dishes beverages desserts and other foods *The Vegetarian's Bible* Inga-Britta Sundqvist, 2012-11-13 If you're craving fresh nourishing food that will help you lose weight get more energy and revitalize your health look no further than *The Vegetarian's Bible* These classic vegetarian dishes utilize seasonal ingredients that are great for both your health and the environment Vegetables are an essential part of a good diet because they are packed with antioxidants minerals vitamins and fiber Learn how to maintain your health and be your own inner doctor with recipes for a detox and anti-inflammatory diet as well as recipes that utilize all those important super foods that are packed with nutrients that keep you full longer Sundqvist has updated her classic vegetarian cookbook to include recipes for a range of diets including raw food custom GI vegetarian vegan lacto or lacto ovo vegetarian Aside from her wide array of recipes Sundqvist also includes recommendations for seasonal buffets for those wishing to entertain with healthy and beautiful food These recipes are perfect for any at home chef with simple step by step instructions and 150 beautiful full color photographs With recipes ranging from appetizers soups and snacks to pizzas salads and sandwiches and even stir fries and desserts this cookbook is perfect for someone looking to go veggie or the vegetarian interested in exploring new tasty meals *Críticas*, 2003 *The Publishers Weekly*, 2005 *Forthcoming Books* Rose Arny, 2002 **Subject Guide to Books in Print**, 1997

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