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The Vegetarian s Bible: 350 Quick, Practical, and Nutritious Recipes (Paperback)

By Inga-britt Sundqvist

Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book. 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...



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