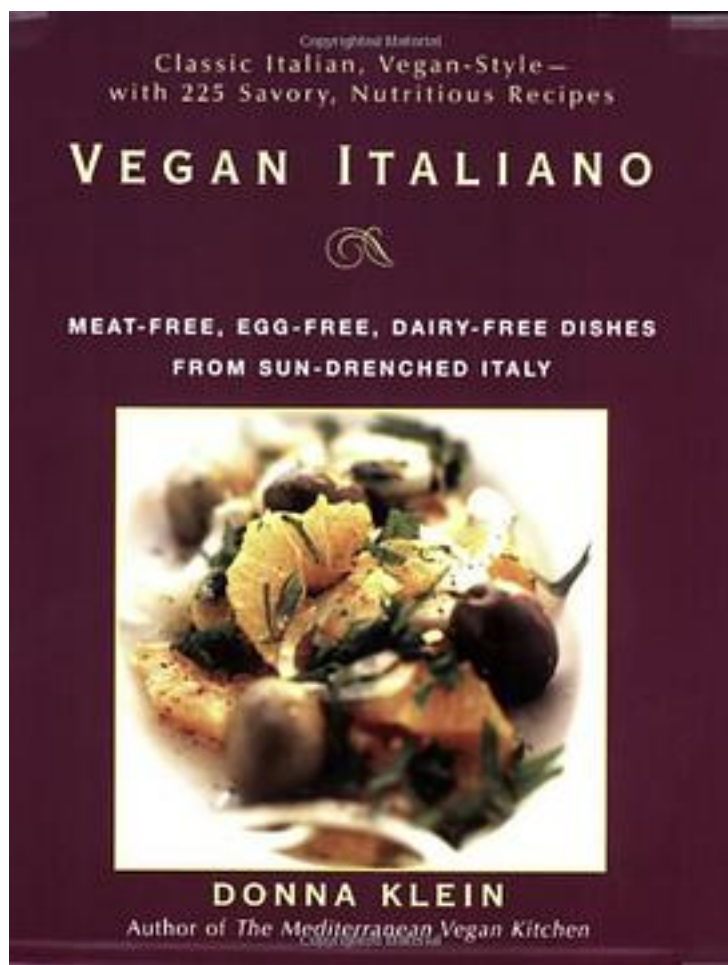


Vegan Italiano



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Mangia-minus the meat and dairy-with these classic Italian dishes from the author of The Mediterranean Vegan Kitchen .

In the sumptuous style of classic Italian cuisine, this collection of delectably authentic recipes reinvents vegan. Mouth-watering dishes burst with fresh fruits, vegetables, whole grains, nuts, and healthy fats like olive oil-all within an animal-free diet, ideal for lactose-intolerant eaters and vegetarians, too.

Delicious Italian food was made for bountiful and flavor-filled variations, not weak substitutions-which is why none of these recipes calls for tofu, soy milk, or other ingredients that mimic meat, dairy, and eggs. Now readers can treat themselves to something scrumptious-even if they can't make it to Italy this year.

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