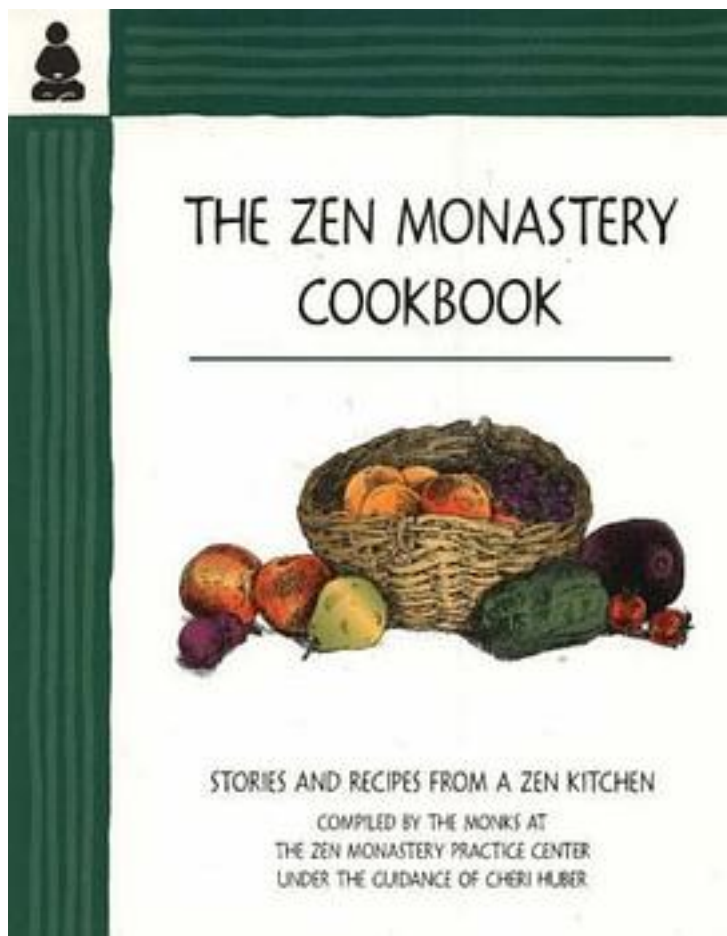


ZEN Monastery Cookbook



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著者:Huber, Cheri

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This cookbook includes low-fat vegetarian recipes for main dishes, soups, breads, and desserts as well as compositions from American Zen monks -- those who were head cooks and those who assisted. These inspiring stories are funny and touching, and all

reflect the difficulty, challenge, joy, and freedom inherent in living as a Zen monk.

作者介绍:

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