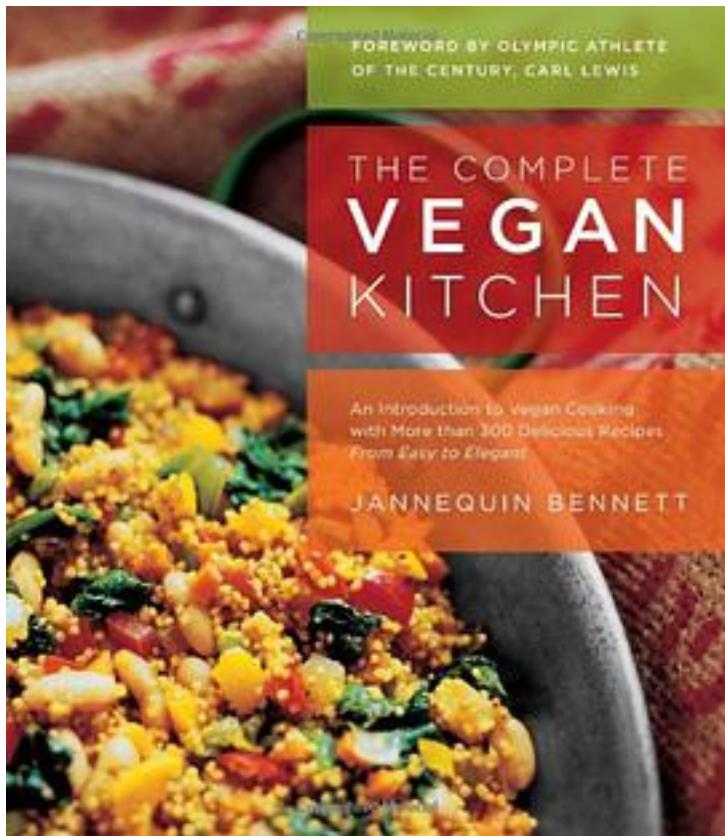


The Complete Vegan Kitchen



[The Complete Vegan Kitchen 下载链接1](#)

著者:Jannequin Bennett

出版者:Thomas Nelson

出版时间:2007-07-17

装帧:Paperback

isbn:9781401603472

A vegan diet—one without any animal products—is unusually healthy because it is high in fiber, low in saturated fat, and very nutritious. Nine-time Olympic gold medal winner Carl Lewis says, "My best year of track competition was the first year I ate a vegan diet. . . . My weight is under control, I like the way I look, I enjoy eating more, and I feel great." "The Complete Vegan Kitchen" is "one of the best vegan cookbooks I have read," said famousveggie.com. For the person just beginning to choose meatless meals, it provides

information on choosing a vegan diet, nutritional information, and recipes with familiar foods and techniques. "The powerful nutrition information in the first forty pages is worth the price of the book" says Dr. Neal D. Barnard. However, for the person more experienced with a plant-based, diet, it provides recipes that will broaden their culinary horizon.

作者介绍:

目录:

[The Complete Vegan Kitchen 下载链接1](#)

标签

评论

[The Complete Vegan Kitchen 下载链接1](#)

书评

[The Complete Vegan Kitchen 下载链接1](#)