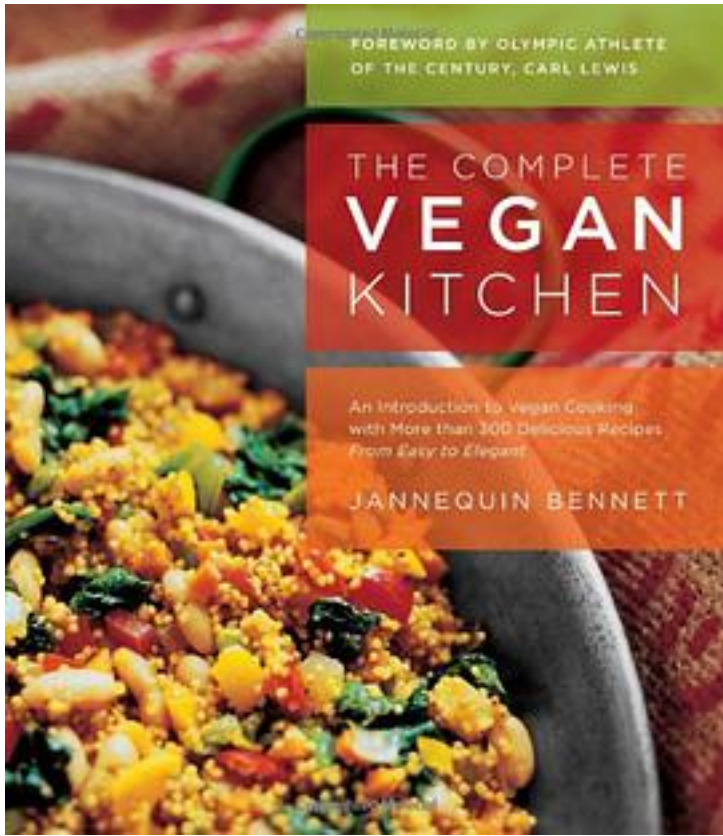


The Complete Vegan Kitchen



[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 chose 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](#)