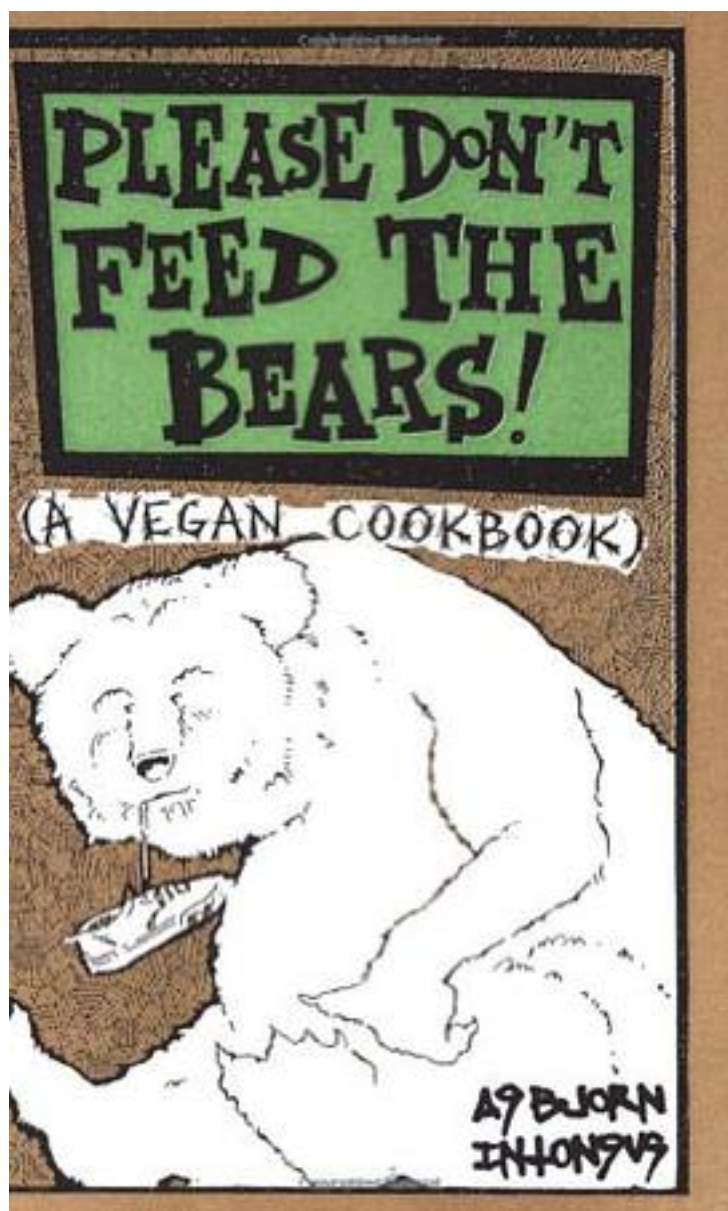


# Please Don't Feed the Bears



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A vegan cookbook in the vein of "Soy Not Oi "with hundreds of recipes and a wide variety of interesting dishes in here, too many to even try and pick out a few favorites to mention. Also, like "Soy Not Oi" there are articles about being vegan, numerous illustrations, and music to listen to while preparing food. Even a crossword about your favorite metal trivia to do while baking lasagna. It's exciting that after all of these years there is someone who has expanded on the groundbreaking idea of a political cookzine for the ungourmet, limited budget average punk.

作者介绍:

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