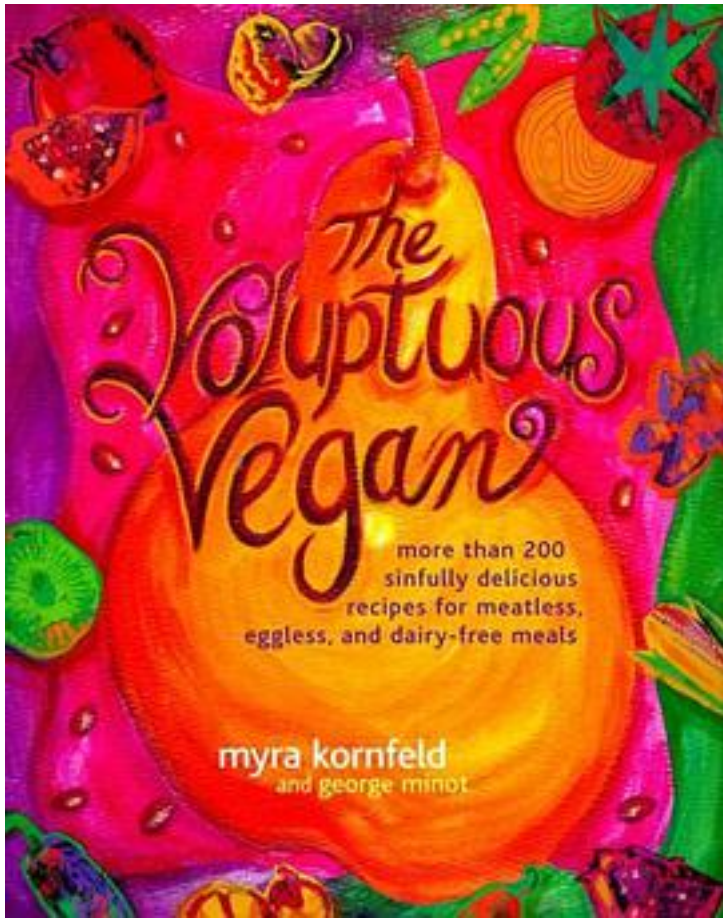


The Voluptuous Vegan



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著者:Myra Kornfeld

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There are many great reasons to eat vegetarian meals --they're low in saturated fat, high in fiber, and chock-full of nutrients. But the considerable health benefits aside, gourmets often scoff at the likes of seitan and tofu, while vegans despair of dull, uninspired offerings. Until now. In *The Voluptuous Vegan* , Myra Kornfeld introduces

creative, mouthwatering, truly voluptuous recipes that inject this incredibly healthy cuisine with a much-needed dose of culinary mastery, including:

- * full, balanced menus with appetizer, main course, and side dishes
- * a luscious array of soups and an ingenious selection of desserts
- * invaluable information on terms, ingredients, and techniques
- * a culinary world tour including Latin America, Asia, Africa, and the Middle East, as well as Europe and the United States

作者介绍:

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