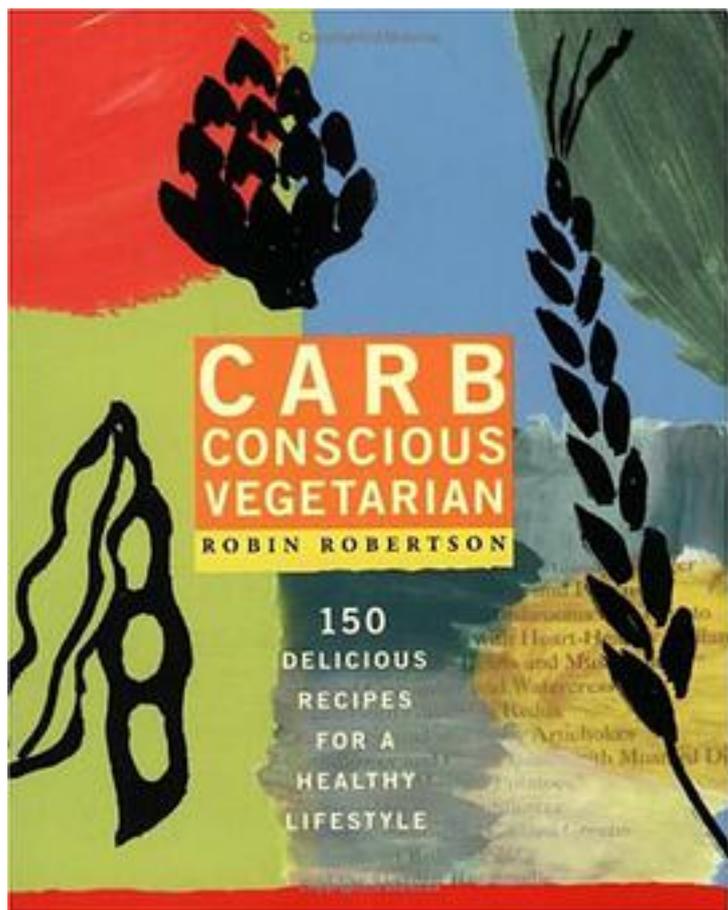


Carb-Conscious Vegetarian



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出版者:St Martins Pr

出版时间:2005-7

装帧:Pap

isbn:9781594861239

Now you can enjoy healthy, low-carb meals without the cholesterol-in this collection of high-protein, high-fiber meat and dairy-free recipes The low-carb revolution continues to take the nation by storm. But the heavy emphasis these diets place on meats leaves vegetarians in the lurch. Now acclaimed cookbook author Robin Robertson offers 150

fabulous carb-conscious vegetarian recipes-meat and dairy-free dishes that banish refined carbohydrates and bring out the best flavors from vegetables and other vegetarian ingredients.

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