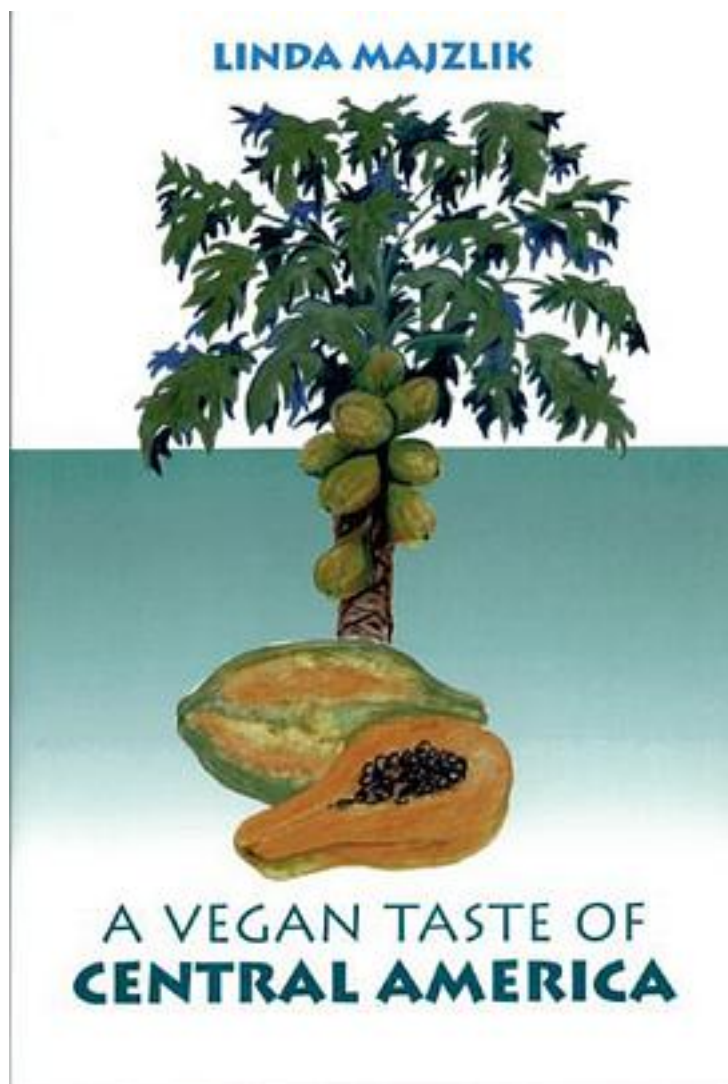


A Vegan Taste of Central America



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Exploring traditional customs with dashes of innovation, this vegan cookbook touches on all the abundant ingredients of Central American cuisine. The low-lying plains of Central America, with their rich volcanic soil, offer ideal conditions for a cornucopia of fruits, vegetables, and grains. Packed with recipes calling for okra, yams, avocado, squash, cassava, and other delicacies of the vine, this guide features meal ideas for any hour of the day, and any occasion. The recipes are rich with native, Spanish, and Afro-Caribbean influences and offer appealing options to any vegan looking to boost his/her repertoire of animal-free dishes.

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