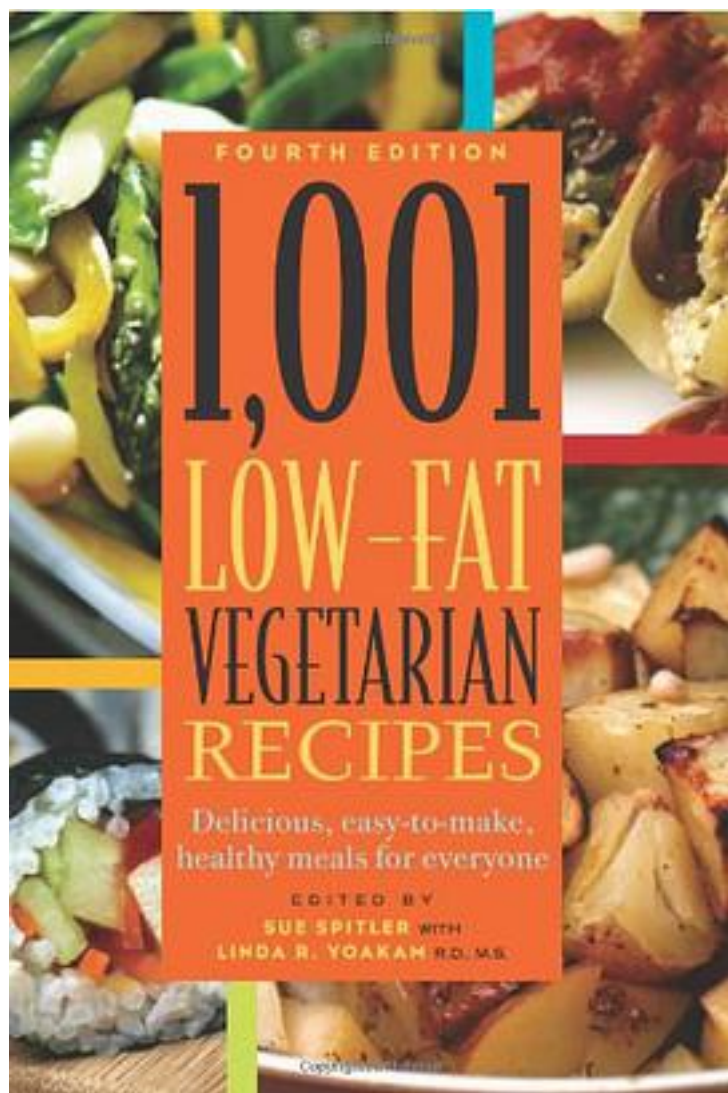


1001 Low-fat Vegetarian Recipes



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Here are more than a thousand great-tasting recipes from appetizers to desserts that are as easy to make as they are interesting and delicious. With so many from which to choose, you'll find tasty family meals, savory dishes perfect for one or two, and hundreds of entrees elegant enough to please the most discriminating guest. Committed vegetarians will appreciate the way each recipe carries a symbol indicating its status as vegan, lacto-ovo vegetarian, lacto-vegetarian, or ovo-vegetarian. Closet carnivores and those just looking for an occasional healthy alternative will be surprised to find how easy, enjoyable, and filling a low-fat vegetarian meal can be. To make healthy eating even easier, nutritional information and diabetic exchanges are included with each recipe.

作者介绍:

目录:

[1001 Low-fat Vegetarian Recipes_ 下载链接1_](#)

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