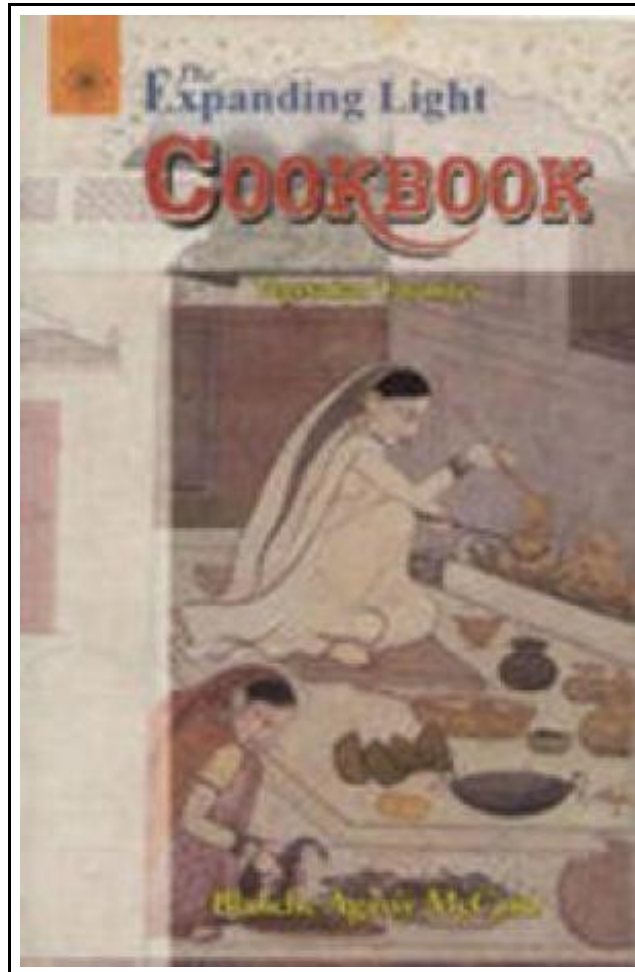


The Expanding Light Cookbook: Vegetarian Favorites



Filesize: 1.3 MB

Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

(Prof. Buddy Leuschke)

THE EXPANDING LIGHT COOKBOOK: VEGETARIAN FAVORITES



New Age Books/Motilal Banarsidass Publishers Pvt. Ltd, New Delhi, India, 2002. Paperback. Book Condition: New. Dust Jacket Condition: New. Reprint. The book is for great-tasting, healthful, vegetarian cuisine including Indian, Middle Eastern, Japanese, Thai, Italian and Mexican. Every recipe is simple, easy to use and delicious. In it you will find terrific new vegetable dishes, grains, beans, soups, salad dressings and quick brands. There are dairy as well as non-dairy recipes. Besides the book provides a wide selection of suggested menus for lunches and dinners for various seasons of the year. Appendices provide valuable relevant additional information. With this cookbook, you ll learn to make naturally satisfying meals that are easy to digest, leaving you feeling light and energetic. Printed Pages: 196.



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