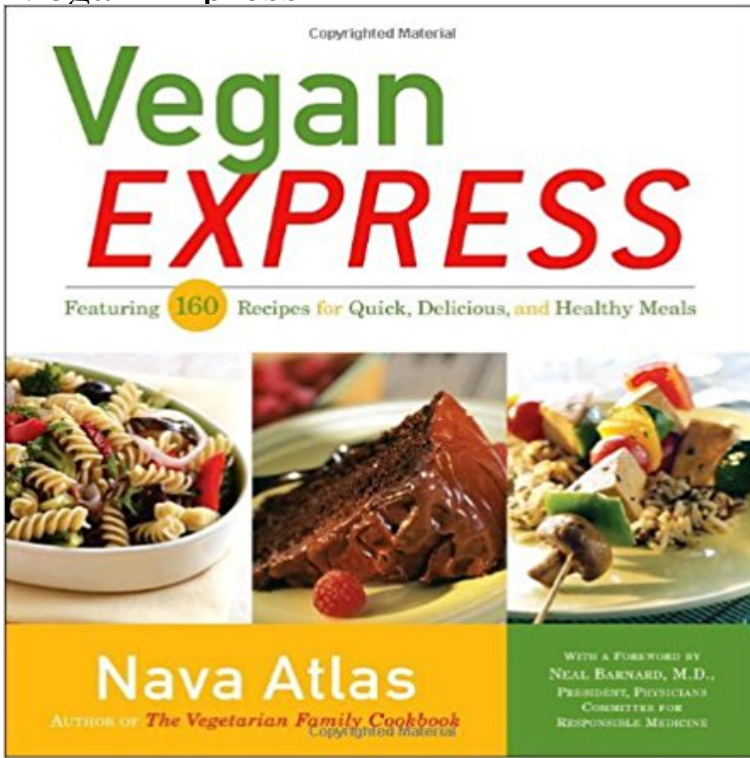


Vegan Express



From one of the most respected names in vegetarian cooking: a collection of creative, uncomplicated recipes for the new generation of vegans—and every cook who wants to introduce tasty, healthful dishes to everyday meals. Nava Atlas, a committed vegan, offers a cookbook packed with recipes that can be prepared in thirty to forty-five minutes. Covering every course, Vegan Express presents appealing soups and stews like Udon Noodle Soup with Bok Choy and Shiitake Mushrooms; grain-and-bean-based recipes like Paella Vegetariana; Jambalaya Pasta and other noodle dishes; a wide variety of sandwiches, wraps, tortillas, pizzas, and main-course salads; and such delicious desserts as Caramel Pudding and Berry-Apple Skillet Crumble.

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: Becoming Vegan, Express Edition: The Everyday We serve fresh, homemade, plant-based food products that are made from scratch without preservatives. Coffee, muffins, cake in the morning, delicious! Vegan Express, Los Angeles - Central L.A - Restaurant Reviews Here are™s a collection of easy, healthy, and fast vegan recipes by Nava Atlas, author of many bestselling vegetarian and vegan cookbooks. This updated edition features lots of new photos

Vegan Express

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