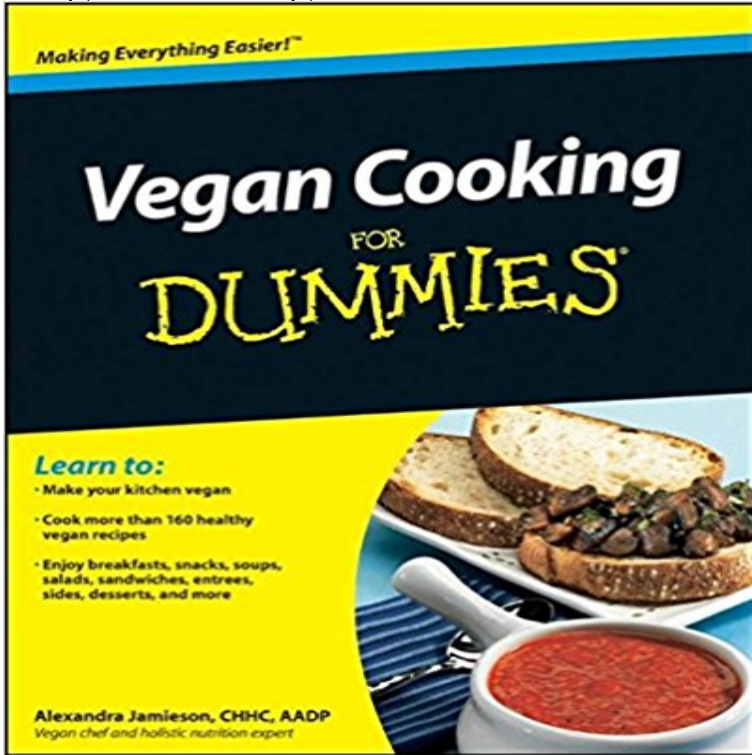


Vegan Cooking For Dummies



An authoritative resource on making delicious, healthy vegan-friendly meals. Veganism is a lifestyle abstaining from the consumption of meat, poultry, dairy products, eggs, and all foods originating from animals. The perfect companion to Living Vegan For Dummies, Vegan Cooking For Dummies provides vegans, and those thinking about becoming vegan, with more than 100 healthy and hearty vegan recipes. Features vegan recipes including entrees, appetizers, desserts, sweet treats, snacks, and lunchbox fare. An 8-page insert showcases full-color photos of many of the book's recipes. Offers parents a helping hand in making vegan-friendly dishes for their whole family. Vegan Cooking For Dummies is a great way to maintain a healthy, balanced vegan diet!

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 <p>With Vegetarian Cooking For Dummies, you'll get the skinny on just what lacto-ovo, lacto, and just plain vegan diets are all about and how to create nutritious — Vegetarian Cooking for Dummies</p>
 <p>WHSmith Substitute almond, rice, hemp, soy, oat, or other nut milks in place of</p>

cows milk for baking, cooking, or drinking. Replace one egg in baking with 1/4 cup mashed tofu, 2 tablespoons of ground flaxseeds simmered with 3 tablespoons of water in a small saucepan until thickened, or 1/3 cup of mashed banana.

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The perfect companion to Living Vegan For Dummies, Vegan Cooking For Dummies provides vegans, and those thinking about becoming vegan, with more

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