



Vegan Cooking for One: Over 150 simple and appetizing meals

Leah Leneman

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A new edition of the Single Vegan, which has sold over 60,000 copies, which contains 30% new recipes

Often vegans, although they may be part of a large family, have to cook separate meals – this cookbook offers over 200 diverse and seasonal recipes to tempt the tastebuds.

The book is split into weeks – and has essential shopping lists for all the ingredients you will need for that week and then delicious recipes to follow. There is also a Spring and Summer collection and an Autumn and Winter collection so that the availability and freshness of ingredients is assured.

The recipes are both savoury and sweet, main meals and light snacks and have influences and flavours from around the world.

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Vegan Cooking for One: Over 150 simple and appetizing meals can be one of your starter books that are good idea. Most of us recommend that straight away because this book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into pleasure arrangement in writing Vegan Cooking for One: Over 150 simple and appetizing meals yet doesn't forget the main position, giving the reader the hottest as well as based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into brand new stage of crucial imagining.

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