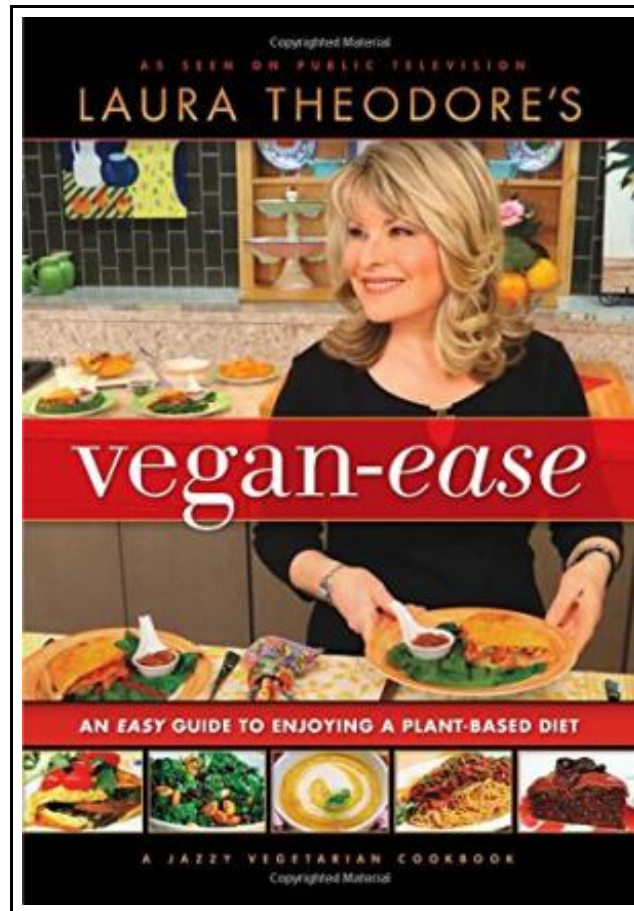


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LAURA THEODORE S VEGAN-EASE: AN EASY GUIDE TO ENJOYING A PLANT-BASED DIET (HARDBACK)



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Jazzy Vegetarian LLC, United States, 2015. Hardback. Book Condition: New. 257 x 180 mm. Language: English . Brand New Book. In this comprehensive cookbook, Laura Theodore, the award-winning host of public television s Jazzy Vegetarian, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy vegan recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an Ease-Factor to make it easy to choose dishes that fit into any busy schedule. Laura Theodore s Vegan-Ease includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family. Laura Theodore s Vegan-Ease features scrumptious, vegan recipes that can be prepared using ingredients found at any supermarket, like Hungry Guy Burgers with Baked Steak Fries, Not-So-Crabby Cakes, Mac n Peas with Creamy Butternut Squash Sauce, Peanut Butter-Chocolate Mousse and Lemon Buttermilk Cake. Laura created this ultimate cookbook and guide to show how anyone can easily and economically create delectable, vegan, plant-based meals to be enjoyed by any foodie, whether omnivore, vegetarian, or vegan, offering every cook an easy, fresh approach to compassionate, mindful, and healthy eating. HIGHLIGHTS OF LAURA THEODORE S VEGAN-EASE: * Large full-color photographs of recipes * Comprehensive nutritional information for each recipe, compiled by registered dietitian, Mitali Shah-Bixby, MS, RD, CSSD, LDN * Expert nutritional guidance for vegans from Julieanna Hever, MS, RD, CPT * Ease-Factor ranking for each recipe helps you plan your meals to fit your schedule * Colorful, well laid-out presentation and comprehensive index * Many recipes with five ingredients or less * Full chapter devoted to stress-free holiday recipes * Twelve full menu plans for any occasion, featuring recipes from the book * Basic shopping lists to help cut costs at the grocery store * Helpful cooking and lifestyle...

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