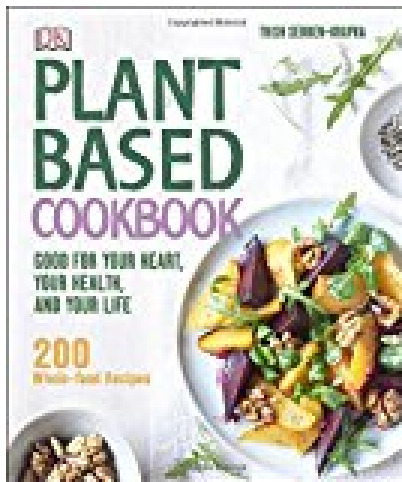


Plant-Based Cookbook Good for Your Heart Your Health and Your Life; 200 Whole-food Recipes



BOOK DETAILS

- Author : Trish Sebben-Krupka
- Pages : 256 Pages
- Publisher : DK
- Language : English
- ISBN : 1465435360



BOOK SYNOPSIS

With more than 200 marvelous recipes and beautiful color photography, DK's plant-based-only cookbook also provides nutritional information, tips on transitioning to a plant-based diet, and advice for the newbie on easy plant-based cooking techniques. Whether by choice or by a doctor's orders, readers will get all of the information they need to make satisfying meals without meat and dairy.

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