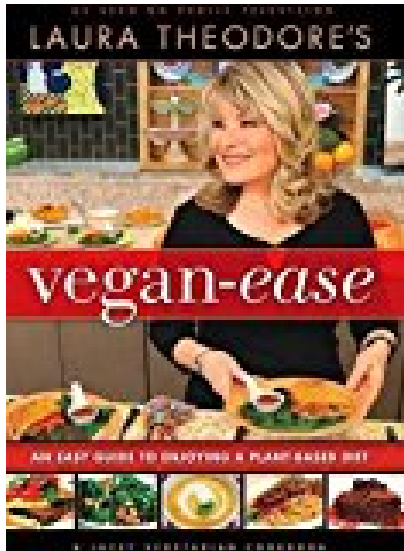


Laura Theodores Vegan-Ease An Easy Guide to Enjoying a Plant-Based Diet



BOOK DETAILS

- Author : Laura Theodore
- Pages : 272 Pages
- Publisher : Jazzy Vegetarian LLC
- Language : English
- ISBN : 0996547509

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BOOK SYNOPSIS

In this comprehensive cookbook, Laura Theodore, the award-winning host of public televisions "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 Theodores Vegan-Ease" includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family. "Laura Theodores 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 THEODORES 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 pla

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