

Vegan Cooks Bible Pat Crocker

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Summary:

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The Vegan Cook's Bible: Pat Crocker ... - amazon.com The Vegan Cook's Bible, by Pat Crocker, teaches you the value of leaner, cleaner eating and shows how to whip up dishes with exciting flavors. (June Naylor Star Telegram (Dallas-Fort Worth) 2009-04-29) Read more. About the Author. Pat Crocker is a culinary herbalist and professional home economist. She is an award-winning author of six. Vegan Cooks Bible | Vegan recipes | Vegetarian Recipes ... While I did find it odd that the author mentioned fish and honey in the INTRODUCTION, the recipes themselves are vegan, balanced, and delicious. (Note: in the new version of the cookbook, there is NO reference to fish or honey in the introduction as part of a vegan diet. The Vegetarian Cook's Bible: Pat Crocker: 9780778801535 ... In The Vegetarian Cook's Bible, good taste and good health go hand in hand. For example: Warm mushrooms with goat cheese is a recipe that ties in with research showing how shiitake mushrooms bolster the immune system.

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