



Vegan Delights: Gourmet Vegetarian Specialties

Jeanne Marie Martin

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Yummy fare that's good for you - perfect for all vegetarians, including vegans (people who eat no animal products at all), and for anyone moving toward a healthier lifestyle. Appetizers to desserts, with tips on whole grains, cooking oils (how cold is cold-pressed?), sweeteners, egg substitutes, proteins, and everything else the beginner or the expert needs to know.

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