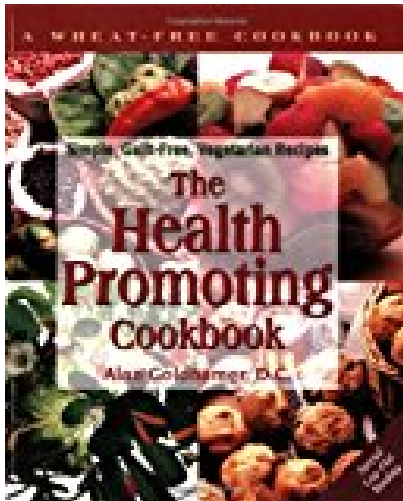


The Health-Promoting Cookbook Simple Guilt-Free Vegetarian Recipes



BOOK DETAILS

- Author : Alan Goldhamer
- Pages : 186 Pages
- Publisher : Book Publishing Company (TN)
- Language : English
- ISBN : 1570670242

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BOOK SYNOPSIS

A vegan cookbook written for those interested in changing their diet to one that promotes health, as well as being tasty and easy to prepare. There are weekly integrated menus, and each fat-free recipe includes a complete nutritional analysis, as well as cooking and preparation times.

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