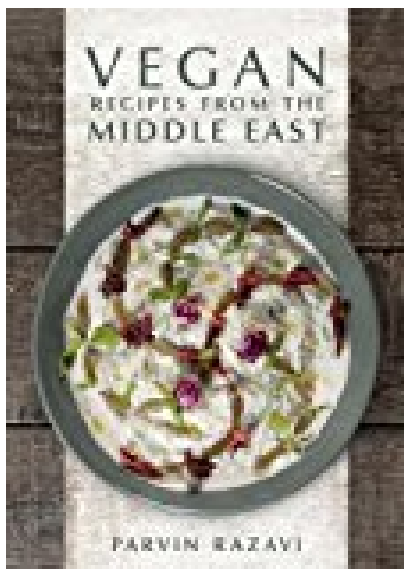


Vegan Recipes from the Middle East



BOOK DETAILS

- Author : Parvin Razavi
- Pages : 192 Pages
- Publisher : Grub Street Cookery
- Language : English
- ISBN : 1910690376



BOOK SYNOPSIS

Vegan food is very healthy especially if prepared in the way presented in this book. Many people are completely vegan either because of health or humane reasons. It is good to include in your diet some of these recipes every now and then if not all the time. In them you find all the essential dietary elements that an average person requires every day. They were collected and tried with great care with your benefit and enjoyment in mind. Among other things, the book contains illustrations that will help you in the preparation of the recipes and their final presentation.

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