



## Easy Vegetarian Cooking 100 - 5 Ingredients or Less, Easy Delicious Vegetarian Recipes Vegetables and Vegetarian - Quick and Easy

By Gina 'the Veggie Goddess' Matthews

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 120 pages. Dimensions: 8.3in. x 5.3in. x 0.4in. Easy Vegetarian Cooking: Whether you're a long-time vegetarian, a sometimes vegetarian, or you just want a selection of quality and easy to prepare vegetarian recipes that actually taste good and are easy to prepare, this vegetarian cookbook is for you. These vegetarian recipes are primarily for those new to a vegetarian diet, as well as for those trying to transition out of a poor diet lifestyle of processed and fast food. In addition to every recipe being 5 ingredients or less, the recipes are a 70/30 mix of fresh ingredients and packaged ingredients, which makes this vegetarian cookbook an easy transition for those who do not cook, or are not acclimated to using a lot of fresh vegetarian ingredients. For the more acclimated vegetarian, any of the prepared ingredients can be easily substituted with the fresh equivalent. Many of these recipes include dairy products, so while not vegan, these ingredients can easily be swapped out with vegan substitutions. With no long list of complicated ingredients or hard to understand cooking preparations, busy moms, college students, working professionals and...

DOWNLOAD



READ ONLINE  
[ 4.06 MB ]

### Reviews

*This book is indeed gripping and fascinating. It normally is not going to price a lot of. I am very easily will get a delight of reading a created pdf.*  
-- **Albertha Cartwright**

*This book is worth getting. Yes, it really is enjoy, continue to an amazing and interesting literature. You can expect to like how the author publish this book.*  
-- **Prof. Cindy Paucek I**