



Mother Nature's Garden: Healthy Vegan Cooking (Vegetarian Cooking)

Florence Bienenfeld, Mickey Bienenfeld

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In addition to eliminating all animal products, including eggs and dairy, these 250 exciting vegetarian recipes are low in fat and salt, cholesterol-free and sugar-free. The book includes recipes for breakfast and brunch specialties, soups, appetizers, entrees, festive holiday fare, breads, and more. Illustrations.

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