The Everything Eating Clean Cookbook for Vegetarians: Includes: Fruity French Toast Sandwiches, Sweet & Spicy Sesame Tofu Strips, Black Bean-Garbanzo Burgers, Vegan Stroganoff, Peach Tart . and Hundreds More!

By Britt Brandon

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Everything Eating Clean Cookbook for Vegetarians: Includes: Fruity French Toast Sandwiches, Sweet & Spicy Sesame Tofu Strips, Black Bean-Garbanzo Burgers, Vegan Stroganoff, Peach Tart . and Hundreds More!, Britt Brandon, Maximize your energy and optimize your health! The clean-eating lifestyle focuses on fresh fruits and vegetables, whole grains, and a minimum of processed and packaged foods. But while most clean-eating cookbooks advocate lean meats and seafood, The Everything Eating Clean Cookbook for Vegetarians is the only one that is 100 percent meat-free! This super-healthy cookbook includes recipes for 300 simple, delicious, and wholesome meals, with vegan options for each one. Recipes include: Blueberry cobbler smoothie Homemade scallion hashbrown cakes Ginger-citrus-apple salad Clean creamy corn chowder Spicy spinach and artichoke dip Thai vegetable curry Five-alarm enchiladas Tomato-basil rigatoni Vegetarian meatloaf Pecan-packed pie Cocoa cafe brownies Whether you're a seasoned chef or a kitchen newbie, this book helps you create meals that taste amazing, adhere to your vegetarian guidelines, and include clean ingredients that pack every bite with the right nutrition your body needs to thrive!.

Reviews

This publication is wonderful. It really is rally interesting throgh reading period of time. I am just very easily will get a delight of reading a published book.
-- Roma Little

Here is the finest publication we have read right up until now. It is actually writter in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.
-- Prof. Vanessa Smitham V