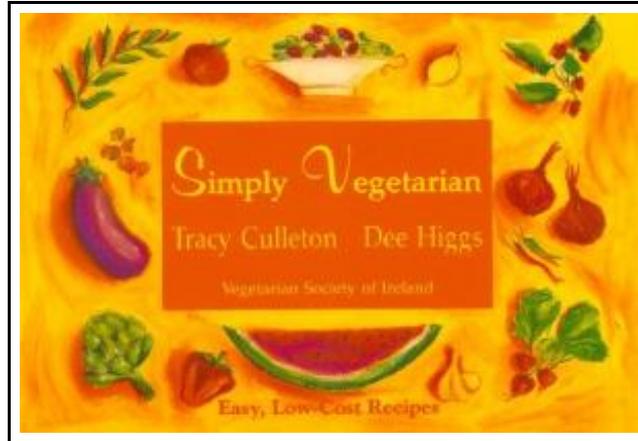


## Simply Vegetarian



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Merlin Publishing. Paperback. Book Condition: new. BRAND NEW, Simply Vegetarian, Tracey Culleton, Dee Higgs, With an increased emphasis on healthy eating and in the wake of the BSE/CJD scare of the 1990s, more people are either supplementing their diet with more non-meat products or are becoming totally vegetarian. Compiled by the Vegetarian Society of Ireland, this book brings together a collection of recipes to make vegetarian cooking appealing to all tastes "Simply Vegetarian" presents a variety of starters from avocado and mushroom platter to corn chowder; 40 main courses from stews and roasts to flans, pies and hot pots; and accompaniments - mint and yoghurt sauce, tabouleh, and aubergine pate to name but a few. The volume aims to satisfy all the way from starter to coffee. In a comprehensive approach to diet, the book also provides ideas for pregnant and lactating women, weaning babies and for teenagers flirting with vegetarianism for the first time, those with eating disorders - as well as those wishing to expand their repertoire or simply cater for vegetarian friends.



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