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The New Soul Vegetarian Cookbook

Yafah Asiel

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The New Soul Vegetarian Cookbook Yafah Asiel
Vegan recipes that are easy to prepare and taste good. The New Soul Vegetarian cookbook strives to create "simple and satisfying vegan meals" using easily obtained ingredientss. Many people would like to change their eating habits and this cookbook is a great solution for many people who want to make a healthy transition.The book includes 80 recipes made with fresh and healthy ingredients. Most of the ingredients are available readily in any regular grocery store. Just look in the health food section or the natural section. The recipes are presented clearly and really can be prepared without a huge time investment. The author has also included photos, tips, and helpful information.

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