HIGH PROTEIN VEGAN: HEARTY WHOLE FOOD MEALS, RAW DESSERTS AND MORE

High Protein Meals... NaturallyFrom the author of Triumph of the Lentil: Soy-Free Vegan Wholefoods for all Appetites comes another collection of hearty recipes - from easy everyday meals to gourmet feasts, all with clear directions and accurate timing. Hilda brings her signature style of creating flavoursome and satisfying food in the simplest...



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Reader's Opinions

I came accross this book by chance at a live food cafe in my area. The recipies are amazing! I highly recommend it to anyone wanting to try some new inspiring healthy vegan recipies, will not...