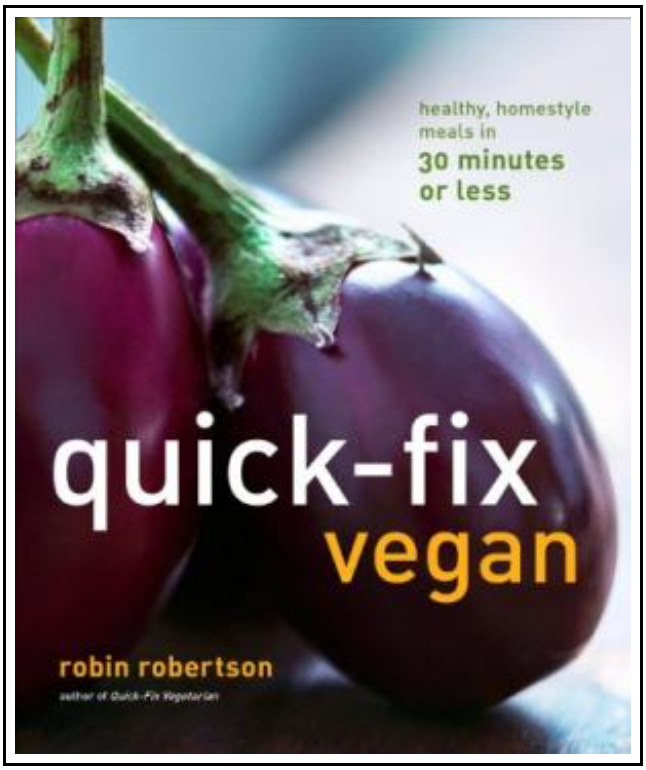
Quick-Fix Vegan: Healthy, Homestyle Meals in 30 Minutes or Less



Filesize: 8.95 MB

Reviews

This book is definitely not effortless to begin on looking at but quite entertaining to read. Better then never, though i am quite late in start reading this one. I am just easily can get a enjoyment of looking at a written ebook.

(Elinor Hyatt)

QUICK-FIX VEGAN: HEALTHY, HOMESTYLE MEALS IN 30 MINUTES OR LESS

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Andrews McMeel Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 7.4in. x 0.6in.150 quick and easy vegan recipes all made in 30 minutes or less from a well-loved, best-selling author in the vegan community. Robertson cuts to the chase and puts together good food simply. If you were thinking of slapping together a sandwich, you may as well make one of hers, full of vibrant veggies and flavors, instead of the same old pb and j. It doesnt really take much more time. . . It was a real pleasure making dishes from the book. Like everyone else, I dont have a ton of time, so quick is always good. Reading and cooking from Robertsons recipes, I admire the way her mind works. As a fellow recipe developer, I can appreciate a well-crafted recipe. These recipes are simplified, but still interesting, and follow the shortest path from point A to point B. Simple looks easy, but it takes skill to make it that way. I also appreciate the use of whole foods, like beans, nuts and seeds, and the near absence of mock meats. Just because you are in a hurry doesnt mean you have to go in for vegan bologna or burgers every night, in Robertsons kitchen. --Robin Asbells The New VegetarianFollowing on the success of Quick-Fix Vegetarian, Robin Robertsons Quick-Fix Vegan provides 150 new vegan recipes ranging from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. Quick-Fix Vegan also features Make-Ahead Bakes, convenient recipes that are assembled ahead of time (in less than 30 minutes) and then baked before serving. Quick-Fix Vegan draws upon a myriad of ethnic influences including French, Mexican, Moroccan, Mediterranean, Greek, Cajun, East Asian, Italian, and...

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