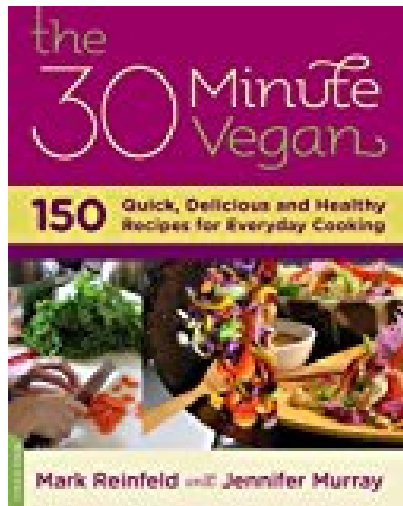


# The 30-Minute Vegan Over 175 Quick Delicious and Healthy Recipes for Everyday Cooking

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## BOOK DETAILS

- Author : Mark Reinfeld
- Pages : 376 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 0738213276

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## BOOK SYNOPSIS

Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to prepare recipes for everyday vegan cooking. All dishes that can be prepared in a half-hour. Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts. The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion. Making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

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