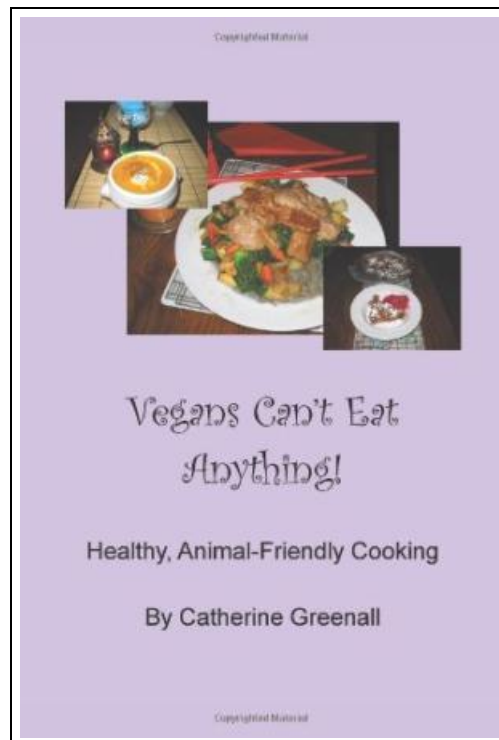


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AuthorHouse UK, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The cookbook you ve been waiting for. Easy to follow recipes for healthier meat-free food, mostly made from local organic ingredients. The author recognises the challenges sometimes experienced in catering for vegans and so decided to share her own recipes. These include versions of regional dishes from her native Lancashire, dishes encountered in her travels and some she invented for herself. The titles of the book and chapters originate from what some restaurants actually said when asked for their vegan options. Whether you are vegan or vegetarian, or just want to eat more healthily for some meals, we are confident you will enjoy the dishes in this book. Glossy, colour illustrations of selected dishes are included on the cover. Vegans Can t Eat Anything! Editorial Reviews Summary The first thing that impressed me was the availability of the ingredients used. The step by step instructions are also very well written and easy to follow. The photos are very appetising and really make you want to make the food. I found that the recipes will appeal not just to vegans/vegetarians but to all people who appreciate fine food. Altogether an entertaining and useful book that would be an asset to anyone s collection. Mark Bateman, Vegan Society Oh my.if only you could eat a photo! (Roasted Vegetable Pizza). #createyourpizza participants, let this be your inspiration! Pizza Express Vegans can t eat anything - that is a common misconception. What is left? What on earth can you eat? The pictures look lovely! It s doing interesting things with fruit and vegetables.being creative and inventive with your food. BBC Radio Manchester interview The assorted tasters (included) mini roasted vegetable pizzas, nut rolls and Aloo Tikka...

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