



The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian (2nd)

By Evelyn Raab

Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian (2nd), Evelyn Raab, The Clueless Vegetarian is designed for vegetarians who love good food, cooked from scratch, but also want to have a life. If you've just switched to a vegetarian diet, The Clueless Vegetarian gives you the straightforward nutritional information you need to help you make good food choices (without obsessing). Whether you're a practicing vegetarian looking for some good old fashioned cooking or someone who cooks for vegetarians, this is your guide. There are lots of hints for concocting vegetarian versions of favourite recipes, and suggestions on preparing meals for the mixed household. Included are survival tips and useful cooking advice for everyone, vegetarian or not. Revised and updated, The Clueless Vegetarian guides the new vegetarian through a whole new kitchen experience. Every recipe is coded to easily identify recipes suited for the lacto-ovo vegetarian, the lacto-vegetarian, the vegan, the ovo-vegetarian and the occasional vegetarian. The Clueless Vegetarian is filled with simple recipes for just about everything you might ever want to eat. There are recipes for lasagna, chilli and burritos, there are curries and casseroles, hearty soups and lots...



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