



These creative recipes  
are easy to prepare and  
offer delicious results  
every time!

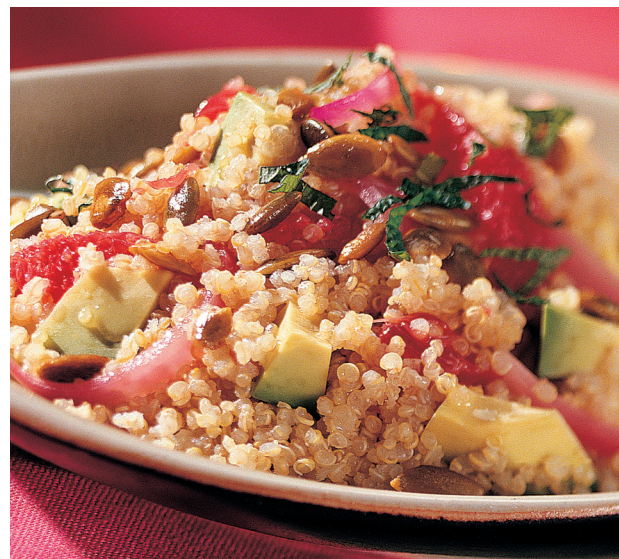


**Maxine Effenson Chuck** is a writer and editor with a special interest in cooking.

**Beth Gurney** is a professional chef, pastry chef and cooking instructor.

# 125 best vegan recipes

This wide and wonderful array of vegan recipes will appeal to a broad range of tastes — from singles to families and from sophisticated palates to lovers of soul food. There are recipes for every meal and occasion, whether casual or formal — from appetizers, soups and salads to wraps, grains, desserts and baked goods. Consistently tasty, they are always built around readily available ingredients and take little time to prepare.



- Features helpful tips and pantry lists for stocking a vegan kitchen.
- Includes a practical guide to cooking terms and techniques.

\$19.95 USA  
\$19.95 CAN

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ROSE**

ISBN 978-0-7788-0113-9



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PRINTED IN USA

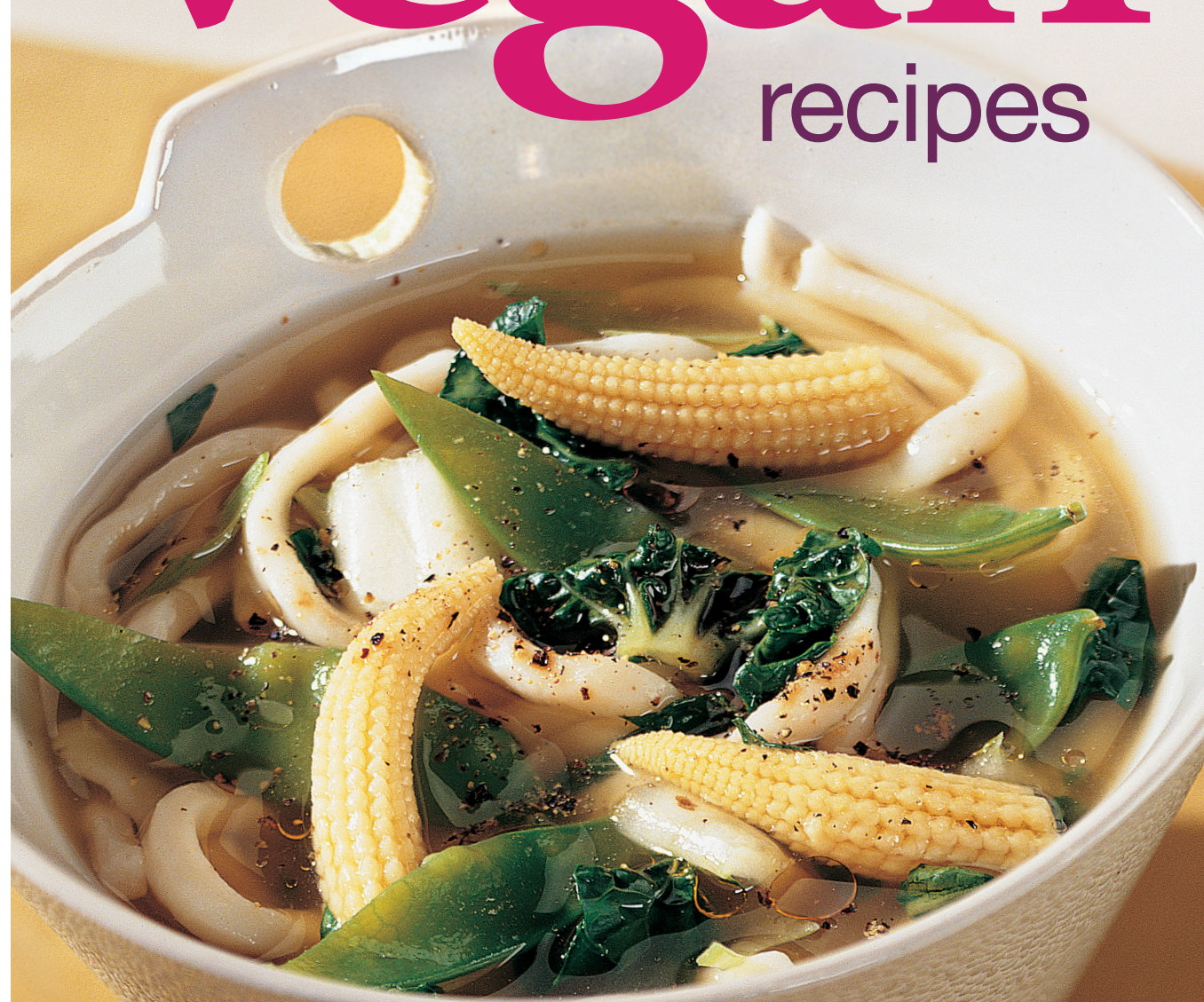
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