



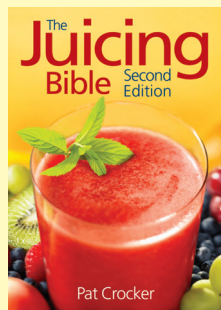
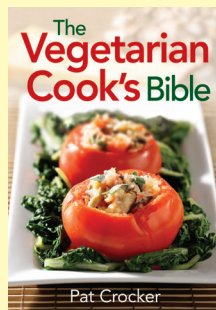
The Vegan Cook's Bible

These tempting dishes are bold, innovative, fresh, easy and above all delicious. The dishes are not simply non-vegan recipes reworked but original recipes that hold the divineness of plant foods at their core. With a new perspective they reflect today's sophisticated palate and yet are so easy and good that everyone who loves food — non-vegans and non-vegetarians included — will enjoy them.

- Over 250 delicious and innovative recipes using whole foods and whole food ingredients
- Over 150 profiles of fruits, vegetables, legumes, grains, nuts, soy foods, sea vegetables, herbs and flavorings along with their healing actions, uses, and buying, storing and cooking tips
- Over 100 fruit, vegetable and herb illustrations
- Featuring the **Basics**, which includes vegan cooking fundamentals and recipes on everything from seasonings, stocks and broths to cooking without dairy

Featuring **Healthy Body Systems**, which includes information on 7 body systems such as our cardiovascular and immune systems. Learn to optimize their function through prescriptive meals, the Top 10 Best Bets for Health, and beneficial dietary and lifestyle changes.

Also available



Here are just some of the many recipes you will find in this book: Vietnamese Spring Rolls with Peanut Sauce, Herbed Carrot and Turnip Fritters, Moroccan Pumpkin Soup, Chickpeas with Kiwi and Avocado Salsa, Yellow Curry Dal, Succotash and Corn Dumplings, Roasted Squash and Parsnip Stew, Green Pea and Asparagus Curry.

PAT CROCKER is a culinary herbalist and professional home economist. She has written, demonstrated and lectured about herbs and health issues for over 25 years. An international award-winning cookbook author, Pat has six cookbooks and three herb books to her credit.

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\$27.95 CAN



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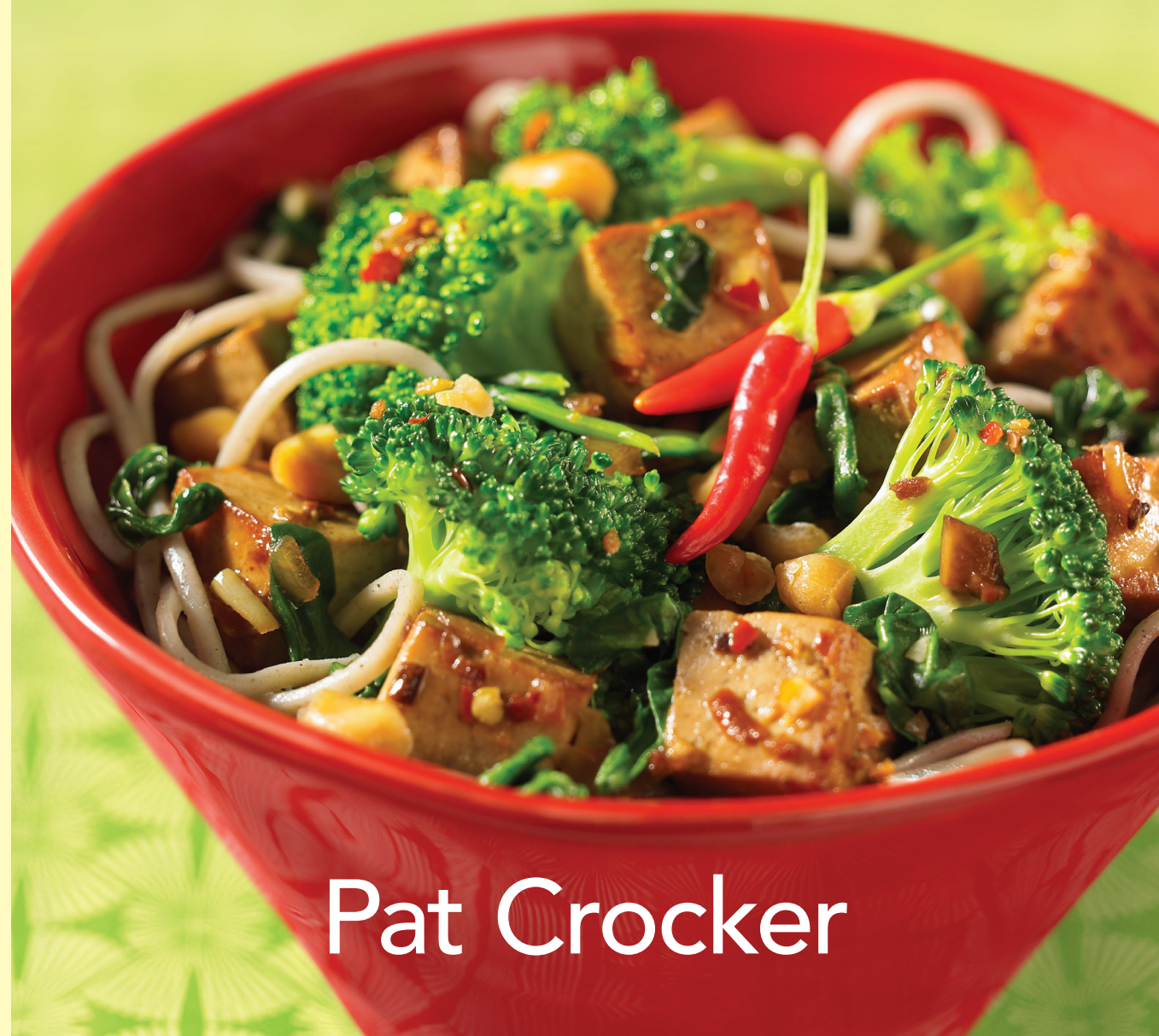


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