



## Foods that Don t Bite Back: Vegan Foods Made Simple (Paperback)

By Sue Donaldson

ARSENAL PULP PRESS, Canada, 2003. Paperback. Condition: New. Language: English . Brand New Book. This cookbook leaves no doubt that a vegan diet is a delicious choice. Recipes for soups, salads, appetizers, mains, and desserts demonstrate that vegan food is flavorful, -elegant, easy to prepare, and nothing to be afraid of. The extensive introduction outlines the ethical reasons for becoming vegan, and how such choices are both good for the environment and good for you. Imagine a picnic of Tabbouleh, Stuffed Grapevine Leaves, and Carrot-Tahini Sandwiches, with Banana Surprise Tea Cake for dessert. Picture throwing a party and serving Hungarian Mushroom Soup, Red and White Onion Tart, and Chocolate-Orange Pudding as a finale. All these recipes and more can be found in this collection of delicious and easy vegan dishes. Whether you want to add a few new items to your repertoire or transform your eating habits to cut out animal products completely, Sue Donaldson shows you how. She has suggestions for adapting favorite recipes, ideas for breakfast and lunch as well as tips about how to detect hidden animal ingredients. And she provides a wide range of recipes with creative variations to suit all tastes. So go ahead and...



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