



The Veggie Salad Bowl

By Small, Ryland Peters &

Condition: New. Publisher/Verlag: Ryland Peters & Small | More than 60 delicious vegetarian and vegan recipes | Fresh, healthy, wholesome, and delicious - there can be so much more to salads than just a few leaves on a plate. These tasty plant-based recipes will inspire you to nourish your body from the inside out with every delicious mouthful. | Fresh, healthy, wholesome and delicious - these tasty plant-based recipes will inspire you to nourish your body from the inside out with every delicious mouthful. Modern salads are seriously sexy. Fresh, light and quick to prepare, a salad is how most of us prefer to eat in the warmer months. With more and more people aspiring to eat healthier meat-free or part-time vegetarian diets and with such a large variety of fresh vegetables, fruits, grains, seeds and seasonings now available, there has never been a better time to dig out and dust off those salad servers! These recipes take their inspiration from countries all around the globe and show just how easy it is to whip up colourful vegetarian and vegan dishes that are full of flavour and texture. From bright and bold Mediterranean recipes to spicy and sweet Asian-inspired classics, from...



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