



The Mediterranean Vegan Kitchen

Donna Klein

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After years of research, scientists declared that the Mediterranean diet was the best one for overall good health-and the exciting news was that it tasted great, too.

With recipes for everything from nutritious appetizers to dairy-free desserts, this unique Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious dishes without meat, eggs, or dairy. Dishes include:

- * Sicilian Eggplant Relish
- * Catalan Grilled Vegetables with Almond Sauce
- * Classic Italian Minestrone
- * Moroccan Fresh Tomato Salad
- * Black Olive Bread
- * Zucchini-Lemon Couscous
- * Greek Currant Cake
- * Braised Pears in Red Wine
- * and more

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The Mediterranean Vegan Kitchen can be one of your starter books that are good idea. We all recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing The Mediterranean Vegan Kitchen however doesn't forget the main stage, giving the reader the hottest and based confirm resource data that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial considering.

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