



Lite Vegan Cooks Afternoon Delights: Cook Lite -- Cook Right! Vegan of course! (Volume 2)

Laurence B Wolfe

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Try a new way to eat Vegan and cook "Lite" in this cookbook with full-color photos of delicious Vegan meals and snacks. Second in the Lite Vegan Cooks series, this cookbook covers lite Vegan lunches, snacks and dinners. Cooking "lite Vegan" means cost-effective sourcing, easy to prepare, and delicious to eat Vegan meals for you, friends, and family. No "Tofu Turkey" because Vegan foods "stand on their own" in this new way to cook. Vegan afternoon meals are explored and enjoyed. Please read, cook and enjoy!

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