



Vegan Feasts: Essential Vegetarian Collection

Rose Elliot

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Another ebook from the queen of healthy cooking! Whether it's to boost and maintain health with a very pure diet, or for reasons of conscience and personal choice, vegan food is ever popular.

Vegan Feasts is full of innovative and exciting recipes, which cut out all animal products. Rose Elliot's inspiring recipe collection includes:

- mushroom pate with porcini,
- red pepper soup with basil
- green lentil chilli burgers and creamy dill sauce
- boozy vegan 'Christmas pudding' ice cream.

For quick snacks, light lunches or party menus, this compilation of modern classics and old favourites will help you create your own vegan feasts!

There is also essential information for the vegan beginner on balancing your meals to ensure you get enough protein and nutrients.

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