



Fresh Essentials: Quick And Easy Vegan Meals

Ruth Tal, Jennifer Houston

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Longtime patrons of Fresh restaurant know what to expect: scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients designed to make them feel incredible. In the Fresh Essentials series, founder Ruth Tal and co-owner and head chef Jennifer Houston bring you contemporary vegetarian and vegan recipes perfect for every occasion. Loaded with nutritious recipes as well as time-saving tips, *Fresh Essentials: Quick and Easy Vegan Meals* contains fifteen recipes that will help you serve up delicious hearty meals including Marrakesh Curried Stew, Butternut Squash and Pear Soup, Creamy Corn Chowder with Swiss Chard and many more. *Fresh Essentials: Quick and Easy Vegan Meals* is the ideal guide to easy and delicious meals from one of Toronto's top vegetarian restaurants.

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