



The Vegan Pantry: More Than 60 Delicious Recipes for Modern Vegan Food (Hardback)

By Dunja Gulin

Ryland, Peters Small Ltd, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. The book starts with plenty of clear, accessible information about key vegan ingredients, getting all the essential vitamins and minerals on a vegan diet, making clever substitutions, and how to make and buy pantry basics that form the foundations of many recipes in the book. There are 60 recipes from creative chef, teacher, and nutritionist Dunja Gulin - from tasty breakfast and brunch ideas to simple, fun food for every day, such as spicy burgers with sweet potato wedges, and versatile pizzas. Stylish dishes such as warm spelt and asparagus salad, minestrone with pearl barley, hazelnut panna cotta, and cheat s ice cream make vegan entertaining easy. Also included are instructions on how to make nutritious nut milks and cheeses so that vegans don t have to miss out on their dairy favourites.

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