

the **NEW VEGAN** cookbook

**Innovative vegetarian recipes
free of dairy, eggs, and cholesterol**

by Lorna Sass, author of *The New Soy Cookbook*
photographs by Jonelle Weaver



New Vegan Cookbook Innovative Vegetarian Recipes Free Of Dairy Eggs And Cholesterol

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The New Vegan Cookbook Lorna Sass, 2001-05 A collection of recipes prepared without meat fish eggs or cheese includes such dishes as Mediterranean red lentil pate and Cuban picadillo and provides tips on purchasing preparing and storing ingredients

Protest on the Page James L. Baughman, Jennifer Ratner-Rosenhagen, James P. Danky, 2015-04-20 Explores the intertwined histories of print and protest in the United States from Reconstruction to the 2000s Ten essays look at how protestors of all political and religious persuasions as well as aesthetic and ethical temperaments have used the printed page to wage battles over free speech test racial class sexual and even culinary boundaries and to alter the moral landscape in American life

Secret Ingredients S. Inness, 2005-12-22 A series of fascinating chapters analyze cookery books through the ages From the convenience food cookbooks of the 1950s to the 1980s rise in white trash cookbooks and the surprise success of the Two Fat Ladies books from the 1990s leading author Sherrie Inness discusses how women have used such books over the years to protest social norms

Raising Vegetarian Children Joanne Stepaniak, Vesanto Melina, 2002-10-16 This handbook aims to debunk the myth that vegetarian diets provide inadequate nutrition for growing children Separate chapters address the needs of infants preschoolers school age children and teenagers There are lots of child friendly recipes and a resources section

History of Tofu and Tofu Products (965 CE to 2013) William Shurtleff, Akiko Aoyagi, 2013-05

American Book Publishing Record, 2001

Voices from the Garden Daniel Towns, Sharon Towns, 2001 In nearly fifty personal stories this book uncovers the motivations concerns and life journeys of people who decided to become vegetarians Some became vegetarians because of a life changing relationship with a non human animal some because of a health crisis that led them to their new diet others because of worries about the environmental consequences of meat consumption This inspiring collection is ideal for anyone thinking of vegetarianism or wanting to reinforce their move to vegetarianism

History of Soy Yogurt, Soy Acidophilus Milk and Other Cultured Soymilks (1918-2012) William Shurtleff, Akiko Aoyagi, 2012

History of Soy Flour, Grits and Flakes (510 CE to 2013) William Shurtleff, Akiko Aoyagi, 2013-12-01 The world s most comprehensive well document and well illustrated book on this subject With extensive index 28 cm

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