

The New **Vegetarian** **Cookbook**



New Farm Vegetarian Cookbook

A Gutmann



New Farm Vegetarian Cookbook:

The New Farm Vegetarian Cookbook Louise Hagler, Dorothy R. Bates, 1988 Easy instructions for homemade vegetarian cooking

The Farm Vegetarian Cookbook Louise Hagler, 1978 Discover a range of familiar dishes incorporating versatile new soyfoods traditional legumes more These recipes contain no cholesterol or lactose are very low in calories saturated fats Over 200 healthful recipes offer comprehensive techniques information for a nutritious vegetarian diet

Included are complete instructions for home preparation of basic tofu tempeh soymilk soy yogurt **Vegetarian Times**

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