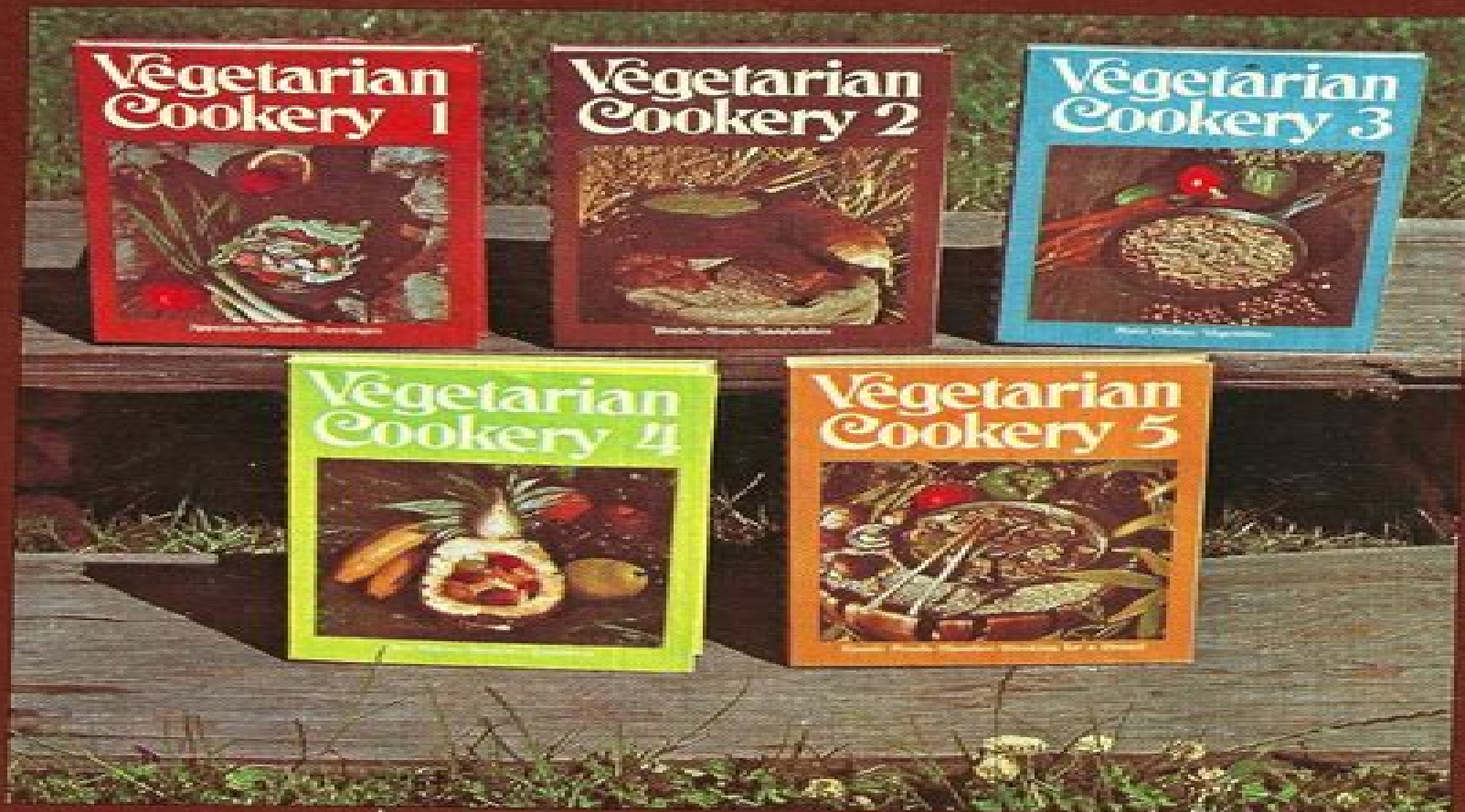


Cooking the Natural Way

Natural foods cooking is continuing and, but in fashion, its in gourmet popularity has grown out of a renewed concern for healthful living and a new ecological awareness. For instance, an acre of land can produce four times as much protein if edible plants rather than feed animals are raised. But for whatever reason you choose a vegetarian diet, this five volume collection of more than 1,400 creative recipes will reward you with a new adventure in tasty and healthful vegetarian cookery.

Breads/Soups/Sandwiches

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