The Vegan Table 200 Unforgettable Recipes For Entertaining Every Guest For Every Occasion

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Simplified Chinese edition of Frindle. A 5th grader named Nick is a little on the enterprising side mixed with mischievous, and the love for pushing his limits. To irk his tough teacher, he invented a word "frindle," and convinced everyone this is a real word. Years later when the word made it into the dictionary, Nick discovered that his teacher was secretly rooting for and helping him. Distributed by Tsai Fong Books, Inc.

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Onions —Spring Rolls with Peanut Dipping Sauce —South of the Border Pizza —Tofu Spinach Lasagna —Blackberry Pecan Crisp —Flourless Chocolate Tart —Red Velvet Cake with Buttercream Frosting Celebrate the joy of plant-based cuisine with The Vegan Table, your ultimate at-home dining and entertaining guide.

Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, Colleen Patrick-Goudreau, dubbed "The Vegan Martha Stewart" by VegNews magazine, holds your hand every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau: debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids helps you become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events provides delicious, nutrient-rich, easy plant-based recipes empowers you to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more.

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