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The Complete Idiot's Guide to Vegan Cooking (Idiot's Guides)

Beverly Bennett, Ray Sammartano

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The Complete Idiot's Guide to Vegan Cooking (Idiot's Guides) Beverly Bennett, Ray Sammartano
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There are so many reasons to go vegan—health and nutrition, weight loss, green and sustainable living, and prevention of cruelty to animals. With over 200 mouth-watering recipes and tips for converting meat- and dairybased dishes into vegan ones, The Complete Idiot’s Guide® to Vegan Cooking will help readers enjoy a healthy vegan diet without sacrificing taste.

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