

Healthy Home Cookin Vol5 Breakfast Brunch Soup & Salad



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This is a tasty vegan vegetarian cookbook for summer and fall or any season. Full of sandwich ideas, salads, soups and more. Lots of gluten free vegan recipes in this cookbook. Whats in this book? Here is just a sample of the recipes in this book: Wheat (or Buckwheat) Cereal Oat Cakes Raspberry Almond Granola Pina Colada Granola (lower fat) Muesli Gratenutz Gratenutz - wheat free Brown Rice Multigrain

Cereal Peach Barley Casserole Easy Waffles - wheat free Multigrain Waffles Rice Waffles Simple Rice Waffles Crepes Pancakes Pancakes - gluten free Veggie Omelet Early Morning Potatoes Potato Pancakes Scrambled Tofu Vegetarian Italian Sausage Corn Chowder Cream of Mushroom Soup French Onion Soup Cream of Potato Soup Potato Stew Southwestern Soup Creamy Risotto Soup Vegetable Lentil Soup Vegetable Soup Italian Dressing Simple Italian Dressing - no oil Raspberry Vinaigrette Creamy Cucumber Dressing French Dressing Thousand Island Dressing Spinach and Pine Nut Salad Savory Sunflower Seeds Cherry Tomato Salad Coleslaw Bean Salad Golden Baked Tofu Salad Italian Potato Salad German Potato Salad Simple Caesar Salad Marinated Veggie Salad Creamy Cashew Mayo or Dip Creamy Low-Fat Mayo Tofu Mayo And much more.

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