

# The Parttime Vegan - Cherise Grifoni

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Adopt "Meatless Mondays." Scramble tofu for brunch. Eat more beans--and less beef . . . . or not. It's all good, according to Cherise Grifoni, your fearless guide to the seemingly complex world of no-meat, no-eggs, no-dairy. In this guilt-free cookbook, you'll discover how to go vegan without feeling any pressure whatsoever. But a warning: the mouthwatering recipes may have you transitioning to full-time much sooner than you anticipated! Honestly, what's not to love when you're eating: Purely Vegan Chocolate-Hazelnut Spread; Lean, Mean, Black Bean Guacamole; Very Vegan Potato Pesto Salad; Spicy Roasted Tomato Soup; Roasted-Garlic Mashed Taters; Spanish Artichoke and Zucchini Paella; Barley Pilaf with Edamame and Roasted Red Pepper. No matter why you want to go vegan--whether it's for health, the planet, or some other worthy reason--this cookbook makes sure you have fun in the process! Author: Grifoni, Cherise Publisher: Adams Media Illustration: N Language: ENG Title: The PartTime Vegan Pages: 00256 (Encrypted PDF) On Sale: 2011-02-15 SKU-13/ISBN: 9781440512261 Category: Cooking : Vegetarian & Vegan

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