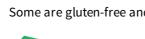


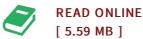
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DIY Vegan

By Nicole Axworthy, Lisa Pitman

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, DIY Vegan, Nicole Axworthy, Lisa Pitman, Nicole Axworthy and Lisa Pitman, seasoned cooks and long time vegans, know it's difficult to understand what you're getting from a store bought item unless you become an expert in analyzing labels. When you're in the supermarket, it's almost impossible to avoid buying a prepared item that doesn't contain animal-based byproducts. In their new book, DIY Vegan: More than 100 Easy Recipes to Create an Awesome Plant-based Pantry, Lisa and Nichole show readers how easy it is to make their own vegan pantry staples at home. Using easy to find whole food ingredients that amp up flavours and nutrition, they've created over one hundred recipes that will stock pantry shelves, refrigerators and freezers: vegan milks, ice creams and butters made from a variety of nuts and seeds, home-ground flours, yummy sauces and spreads, snack foods (including a recipe for incredibly delicious vegan Pop Tarts) and an array of artisanal make-them-yourself cheeses. There's even a recipe for that beloved orange cheese sauce that coats everyone's favourite boxed mac and cheese! All of the recipes are vegan. Some are gluten-free and some are from their list of raw...





Reviews

This written book is fantastic. This can be for those who statte that there had not been a well worth reading. Your life period will probably be transform when you comprehensive reading this article ebook.

-- Chanelle Roob

This composed publication is fantastic. I was able to comprehended everything using this composed e book. It is extremely difficult to leave it before concluding, once you begin to read the book.

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