



## Vegan Rustic Cooking: Through the Seasons

By Diana White

Permanent Publications. Paperback. Book Condition: new. BRAND NEW, Vegan Rustic Cooking: Through the Seasons, Diana White, This mouth-watering book contains over 160 delicious recipes that will help you live and eat healthily through the seasons. The recipes are organised in sections: soups; fillings for sandwiches, toast and baked potatoes; sauces; main meals; and baked goods. There are even naughty fry-ups (all the fun without the health hazards!), omelettes, quiches, pizza and puddings galore! Each section is then arranged according to seasonal availability of the ingredients. Vegan Rustic Cooking is packed with fibre-rich, low glycaemic index, star whole foods that encourage friendly gut bacteria and give more food for fewer calories. The useful index is arranged alphabetically not just by the recipe, but also by ingredients. This means you can select the available veggies from your garden or veggie box, look them up in the index and choose an appropriate recipe that uses what you have available! This will enable you to cook tasty food from the freshest, healthiest ingredients you can find, all year round.



**READ ONLINE**  
[ 2.44 MB ]

### Reviews

*This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.*

-- **Howell Reichel**

*Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.*

-- **Connor Lowe IV**