

Vegan Shoestring Cookbook Delicious Recipes

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## Summary:

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Vegan on a Shoestring Cookbook - bol.com Vegan on a Shoestring Cookbook (paperback). If you want to lower your cholesterol, prevent heart disease and lose weight, eating the right food is the best medicine. Eating healthfully is a challenge for those with fast-paced lives; many studies have shown that vegans seem to have a lower risk of heart attack, obesity, high blood pressure. our recipe book - the people's potato The People's Potato collective has published two editions of our cookbook - Vegan on a Shoestring #1 in 2002 and #2 in 2010. The second edition of the cookbook outlines the basics of vegan cooking with a healthy dose of radical food politics and includes over 100 new and revamped recipes.