



# **The Complete Idiot's Guide to Vegan Cooking (Idiot's Guides)**

*Beverly Bennett, Ray Sammartano*

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**The Complete Idiot's Guide to Vegan Cooking (Idiot's Guides)** Beverly Bennett, Ray Sammartano

**Delicious recipes for the growing vegan lifestyle.**

There are so many reasons to go vegan-health and nutrition, weight loss, green and sustainable living, and prevention of cruelty to animals. With over 200 mouth-watering recipes and tips for converting meat- and dairybased dishes into vegan ones, The Complete Idiot's Guide® to Vegan Cooking will help readers enjoy a healthy vegan diet without sacrificing taste.



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