

Simply Heavenly!: The Monastery Vegetarian Cookbook

Abbot George Burke

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As the vegetarian market grows by leaps and bounds (25 million vegetarians in America at last count), the number of vegan vegetarians increases dramatically too. Vegan (pronounced VEE gun) vegetarians not only don't eat meat, but they also don't eat milk and dairy products or eggs. Unfortunately for vegans, there have been few cookbooks to choose from, until now. Simply Heavenly! is jam-packed with vegan recipes, including basic recipes for using wheat gluten to make un-chicken and un-beef. American favorites are made vegan, including Unchicken Noodle Soup and Barbecue Unchicken, and there are plenty of recipes for beans, grains, lentils, and vegetables.



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