



DIY Vegan (Paperback)

By Nicole Axworthy

Griffin Publishing, United States, 2015. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. 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 by-products. 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...



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