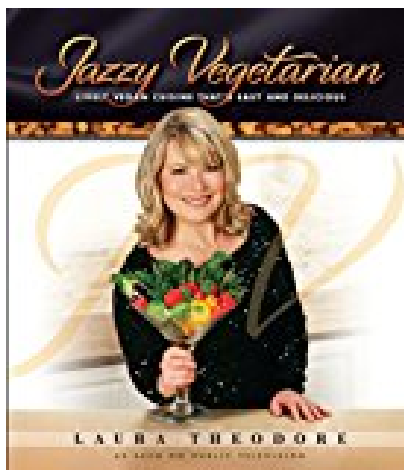


Jazzy Vegetarian



BOOK DETAILS

- Author : Laura Theodore
- Pages : 192 Pages
- Publisher : Book Pub Co
- Language : English
- ISBN : 157067261X

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BOOK SYNOPSIS

Jazzy Vegetarian is the companion book to Laura Theodore's vibrant PBS television show on delicious, healthful eating. With a dynamic, entertaining style, Theodore reaches out to dedicated vegans and nonvegetarians alike--anyone who's on the path to wellness and health by making earth-friendly, compassionate food choices. These quick, easy recipes, along with tips and step-by-step instructions, will be especially appealing to people transitioning to a vegetarian lifestyle or trying to eat more plant-based meals. Theodore also provides timesaving tips for buying ingredients locally and creating inviting food presentations.

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