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Luscious Vegetarian

Sonia Cabano

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Luscious Vegetarian

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Luscious Vegetarian Sonia Cabano
Sonia and Jade's enthusiasm for flavourful cooking bursts from every page of Luscious Vegetarian! This book contains fun and easy-to-make vegetarian recipes, carefully chosen to satisfy the requirements of young professionals, bustling families and health-conscious hedonists alike. Using mostly local ingredients, the recipes cover the full range from quick and easy everyday dishes, light bites and simple snacks, through rejuvenation and detoxification with pure foods, to hedonistic feasts for celebrations and deeply satisfying soul food, as well as marvellous bakes and sweet treats. This cookbook is the beginning of an adventurous love affair with vegetarian cooking.

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