



The New Vegetarian: The Ultimate Guide to Gourmet Cooking and Healthy Living

Colin Spencer

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This cookery book aims to provide guidance on every aspect of vegetarian living. As well as including over 200 recipes and festive menus from six guest cooks, it also considers the special dietary requirements of children, pregnant women, athletes, the elderly and vegans. Colin Spencer offers menus for meals as diverse as family breakfasts and candlelit suppers. Designed to give encouragement both to the "converted" and those considering vegetarianism, "The New Vegetarian" attempts to show that gourmet food and vegetarianism can be one and the same thing. The author is food writer of "The Weekend Guardian" and has previously published "Cordon Vert".

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