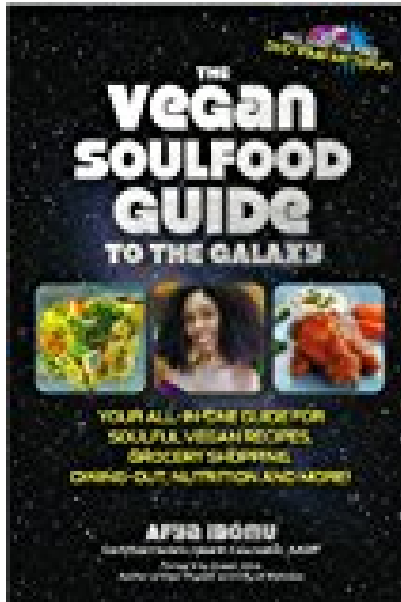


# The Vegan Soulfood Guide to the Galaxy



## BOOK DETAILS

- Author : Afya Ibomu
- Pages : 182 Pages
- Publisher : Natrall Unlimited, LLC
- Language : English
- ISBN : 097700922X

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## BOOK SYNOPSIS

Much more than a cookbook, here is a fun, fact-filled guide to the vegan world of grocery shopping, understanding nutrition, meal planning, dining out, and more. This complete resource for cooking mouthwatering, inexpensive soul-food dishes offer recipes made without white sugar, white flour, white rice, or animal or dairy products. Delicious and nutritious versions of classic recipes sure to satisfy vegans and meat eaters alike include: Sweet Potato Pie, Potato Salad, Tofu Buffalo "Wings", Corn Bread, Collard Greens, and Candied Yams. An instructional cooking DVD, Pimp My Tofu, is included to help take the guesswork of tofu.

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