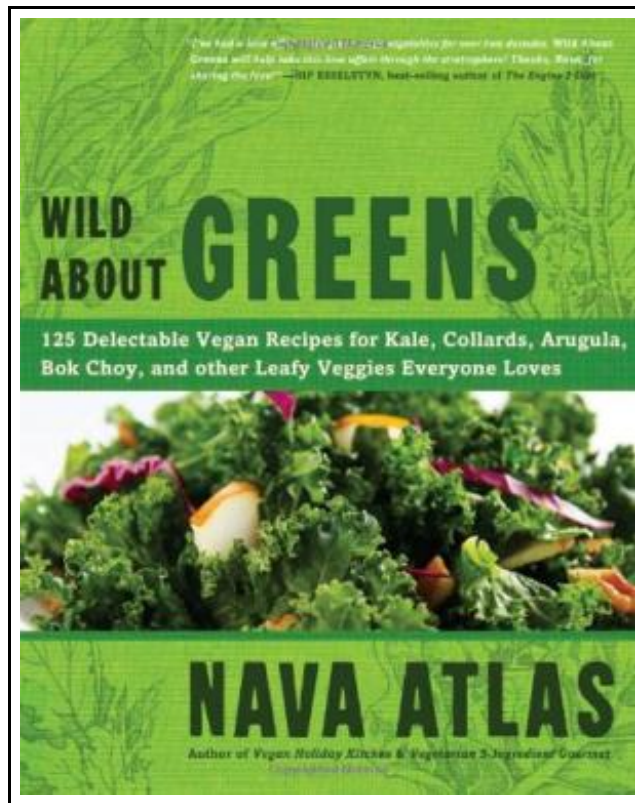


Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and Other Leafy Veggies Everyone Loves



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Reviews

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

(Gavin Bosco IV)

WILD ABOUT GREENS: 125 DELECTABLE VEGAN RECIPES FOR KALE, COLLARDS, ARUGULA, BOK CHOY, AND OTHER LEAFY VEGGIES EVERYONE LOVES



Sterling Publishing Co Inc. Hardback. Book Condition: new. BRAND NEW, Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and Other Leafy Veggies Everyone Loves, Nava Atlas, Celebrated vegan and vegetarian cookbook author Nava Atlas serves up a comprehensive collection of scrumptious recipes, all featuring ultra-healthy, super-nutritious leafy greens. Kale, collards, spinach, Asian greens and many more leafy greens are a breeze to grow and prepare and these 125 recipes showcase the most commonly used varieties in a wide selection of flavourful dishes. Nava's up-to-the-minute ideas range from using sturdy collard greens as wrappers for savoury fillings to making luscious dips from rocket and watercress. There's even a section on green juices and smoothies that make it easier than ever to incorporate nutritious foods into delicious everyday fare that everyone can enjoy.



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