

THE VOLUPTUOUS VEGAN MORE THAN 200 SINFULLY DELICIOUS RECIPES FOR MEATLESS EGGLESS AND DAIRY FREE MEALS

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Buy *The Voluptuous Vegan: More Than 200 Sinfully Delicious Recipes for Meatless, Eggless, and Dairy-Free Meals* by Myra Kornfeld, George Minot, George R. Minot (ISBN: 9780609804896) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Offering more than 200 creative and colourful recipes that look as good as they taste, Myra Kornfeld and George Minot's book of recipes is all the more impressive considering none of the zesty dishes contain meat, eggs or dairy products. As perfect for the beginning vegetarian cook as for the seasoned chief, *The Voluptuous Vegan* astounds and delights taste buds with such tantalizing foods as ...

[Myra Kornfeld \(Author of The Voluptuous Vegan\)](#)

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Minot's first book was *The Voluptuous Vegan: More Than 200 Sinfully Delicious Recipes for Meatless, Eggless, and Dairy-Free Meals*, a vegan cookbook written with Myra Kornfeld. Minot wrote the cookbook because he suffered from ulcerative colitis and went on a macrobiotic diet.

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The Voluptuous Vegan: More Than 200 Sinfully Delicious Recipes for Meatless, Eggless, and Dairy-Free Meals by Myra Kornfeld (Goodreads Author) 3.80 avg rating — 1,045 ratings

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[The 10 Best Vegan Cookbooks For Beginners - Who Says What](#)

The Voluptuous Vegan: More Than 200 Sinfully Delicious Recipes for Meatless, Eggless, and Dairy-Free Meals by Myra Kornfeld (42 times) *Vegan cooking for one* by Leah Leneman (41 times) *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out* by Angela Liddon (40 times)

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Myra Kornfeld is the author of *The Healthy Hedonist Holidays; A Year of Multi-Cultural Vegetarian-Friendly Holiday Feasts* (October 16, 2007, Simon and Schuster Publishers), *The Voluptuous Vegan* ...

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Click on the heading of each meal to see the recipe. 35 Easy Vegan Dinner Recipes for Weeknights #1 Creamy Vegan One Pot Pasta (Asian Style) This Asian style vegan one pot pasta is the perfect meal for busy weeknights. It's super creamy, delicious, healthy, and insanely easy to make! For the sauce I used a combination of red curry paste and coconut milk. So it's a unique mixture of Thai ...

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Myra Kornfeld is the author of *The Healthy Hedonist Holidays; A Year of Multi-Cultural Vegetarian-Friendly Holiday Feasts* (October 16, 2007, Simon and Schuster Publishers), *The Voluptuous Vegan* ...

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The vegan diet is an eating plan that eliminates all animal products, including meat, fish, eggs, dairy, and honey.. People decide to adopt veganism for different reasons, such as ethical concerns ...

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'*The Voluptuous Vegan* – more than 200 sinfully delicious recipes for meatless, eggless and dairy free meals' by Myra Kornfeld. The emphasise here is on taste – there is fat and salt here aplenty! Many of the recipes are quite elaborate but well worth the effort – true vegan, gourmet cooking. Buy UK or Buy US

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[Myra Kornfeld - amazon.co.uk](#)

I'm jumping back on the Vegan wagon, and I'm looking for new recipes to try! I've got *How It All Vegan*, *Vegan with a Vengeance*, and *Vegan Cupcakes take over the World*, but I've only made selected recipes from each book. Suggestions from there, from other books, or from the internet would be fabulous! Also, I really don't care what you have to say to bash Veganism, and I don't want smart-alec ...

[Harumi's Japanese Cooking: More than 75 Authentic and ...](#)

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