



The Really Hungry Vegetarian Student Cookbook

By -

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, The Really Hungry Vegetarian Student Cookbook, You might think that dinner's taken care of if you have take-out pizza, but if you want to stay healthy at university, you'll need to widen your repertoire and learn to cook quick and easy, budget-friendly food. The Really Hungry Vegetarian Student Cookbook will come to the rescue with delicious, meat-free recipes for any occasion. The book is packed with nutritious vegan and vegetarian recipes, whether you need sustenance for late-night study sessions, are hosting the afterparty at your place or want to bake your new vegan best friend a birthday cake. Start your day the smart way with Boosting Breakfasts that will set you up to face the day - choose from blended smoothies and homemade granolas. Lunchbox Heros will keep you going through those long lectures and La Vita Bella is packed with nourishing pasta and vegetable dishes. Learn to make wholesome and satisfying comfort food in Veggie Mighty and for convenience look no further than Pot Luck for a tasty bean chilli, lentil curry or tofu stir-fry that can be whipped up and washed up in no time. For a...



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