

Simple Vegetarian

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Simple Vegetarian presents only recipes without egg, without milk, without garlic/onion(for Buddhists), without artificial additives and uses only raw ingredients. This is to suits vegetarians of different paths and preferences. Furthermore, due to the current diet of the society which abuses on overly cooked food, meat, refined food; many suffers from gastro-intestinal conditions and acidic blood. Therefore, this cookbook emphasizes a lot on raw food intake, even the consumption of some organic food. The stories behind the making of "Simple Vegetarian":

learning-holistic-wellness.blogspot.com/2010/05/stories-behind-simple-vegetarian-1.html

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