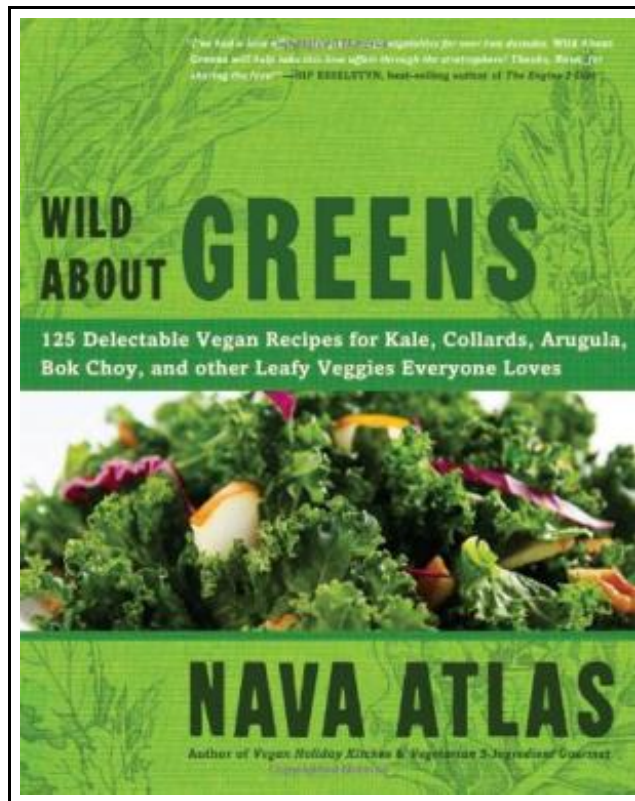


Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and Other Leafy Veggies Everyone Loves



Filesize: 2.96 MB

Reviews

Very helpful to all of group of men and women. It can be writter in easy terms instead of confusing. You will like how the writer write this book.
(Dr. Daren Mitchell PhD)

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



To read **Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and Other Leafy Veggies Everyone Loves** eBook, please access the web link below and save the document or gain access to other information which might be related to WILD ABOUT GREENS: 125 DELECTABLE VEGAN RECIPES FOR KALE, COLLARDS, ARUGULA, BOK CHOY, AND OTHER LEAFY VEGGIES EVERYONE LOVES ebook.

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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