



Plant-Based Cookbook

Trish Sebben-Krupka

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With more than 200 marvelous recipes and beautiful color photography, **DK**'s plant-based-only cookbook also provides nutritional information, tips on transitioning to a plant-based diet, and advice for the newbie on easy plant-based cooking techniques. Whether by choice or by a doctor's orders, readers will get all of the information they need to make satisfying meals without meat and dairy.

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