



Very Vegetarian

Jannequin Bennett

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The number of people choosing meatless meals is on the increase. And a vegan vegetarian diet -- one without any animal products -- is an unusually healthy one because it is high in fiber, low in saturated fat, and very nutritious. "Too many vegan recipes have relied on exotic and difficult-to-find ingredients or tedious, time-consuming techniques," says Jannequin Bennett, executive chef of a restaurant in a AAA Five Diamond, Mobile Five Star hotel. "But *Very Vegetarian* has recipes made with common foodstuffs that are uncommonly delicious."

Very Vegetarian is presented by and introduced by 9-time Olympic gold medal winner Carl Lewis, who says that a vegan diet of fresh fruits and vegetables, whole complex carbohydrates, high quality proteins, and natural fats is the best way to ensure a person's health and longevity.

In addition to a wide range of more than 250 mouth-watering recipes, *Very Vegetarian* includes a helpful introduction about eating vegan and 16 pages of beautiful four-color photographs. The book will help the person who is beginning to choose meatless meals by providing nutritional information and recipes featuring familiar foods and techniques. For those who have more experience with a plant-based diet, the book offers recipes that will broaden their culinary horizons.

Endorsed by the Physician's Committee for Responsible Medicine.

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