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# **Vegetarian Quick & Easy - Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight Maintenance & Low Fat Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes Collection Book 2)**





## Synopsis

Read it FREE as part of your PRIME or Kindle UNLIMITED membershipWant tasty vegetarian meals in just 15 minutes or less?100 quick & easy recipes awaits for youWhether you are a novice or an expert in the kitchen, you wonâ™t need more than 15 minutes to make these recipes! Impressing your family and loved ones has never been easier! Time may be precious, but so is food. We need it not only to survive but also to bring us joy and great taste experiences, to challenge our taste buds with new flavors, and, last but not least, to nourish us. But what do you do when you only have 15 minutes at your disposal? Time management is the answer. And that is what this book offers youâ•"recipes that donâ™t take more than 15 minutes to make, without sacrificing any of the taste. Whatâ™s your part in all this? Just put on that apron and go to the kitchen. Have fun and enjoy cooking! Believe me, food that took hours to prepare but was done without any kind of passion wonâ™t taste better than food prepared in just 15 minutes with all the love in your heart. In "Quick & Easy Vegetarian Recipes" you will discover:The various vegetarian groups' classification and why people choose to become vegetarian.The benefits of being vegetarian and the concerns you need to deal with.Tips and guidance for becoming a vegetarian. So many people have done it already, you can do it too!How to get organized and actually find time to cook for yourself and your family.Quick & easy vegetarian recipes for busy mums, romantic meals, recipes that even kids can make and recipes for parties.100 Simple Natural Foods Recipes:Easy and Quick Recipes for Busy MumsQuick and Easy Recipes for Romantic MealsQuick and Easy Recipes That Even Kids Can MakeEasy and Quick Recipes for PartiesScroll up and grab a copy today.

## Book Information

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## Customer Reviews

I received a copy of the book in order to facilitate my review. All opinions are my own. The quick and easy vegetarian cookbook is divided into five sections. First there's an introduction which briefly discusses vegetarianism along with some handy tips for time management in the kitchen. The second section is devoted to recipes a busy mother could easily prepare for her family. Every meal is represented from Spiced Breakfast Pudding to Tempeh Reuben Sandwich. The next section features slightly more sophisticated fare for a romantic meal. The fourth section is full of recipes easy enough for children to make. The final section is loaded with recipes suitable for entertaining like Tortilla Pinwheels (always a favorite in our house) and Blue Cheese and Pear Crostini. There are full color photographs of several recipes throughout the Kindle edition, although not every recipe has (or needs) one. As expected, they look better on a color screen than on the Kindle Paperwhite. I found the recipes and text render beautifully on both my laptop and my Kindle. I prepared a couple recipes from the book, including a very delicious Creamy Corn Soup. There aren't any hard to find ingredients and there are no difficult techniques needed. For that reason I'm a little hesitant to mention a major problem with the ingredient lists. Many recipes are missing amounts and it will be confusing and frustrating for a novice cook let alone a child. Another thing that concerned me was the inclusion of chicken stock and fish sauce in two recipes. The amounts used in both recipes are relatively small; surely a vegetarian substitution could have been found, like vegetable broth instead of chicken stock and tamari instead of fish stock.

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