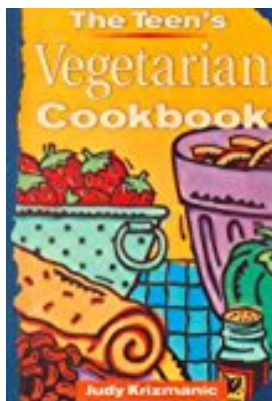


[PDF] The Teen's Vegetarian Cookbook (Turtleback School & Library Binding Edition)

Judy Krizmanic, Matthew Wawiora - pdf download free
book



Books Details:

Title: The Teen's Vegetarian Cookboo
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Description:

From School Library Journal Grade 5 Up This title will be in great demand. The recipes are clearly

written and most contain commonly found ingredients. Anecdotes from teens enhance the clearly organized sections. Helpful hints, suggested substitutions, and complete menus all add to this attractive presentation. A How-To-Get-Your-Nutrients Substitution Chart is included to ensure a healthy diet. A tasty treat that will enhance cookbook shelves. Kathleen A. Nester, Downingtown High Ninth Grade Center, PA

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From Krizmanic offers a great companion to her 1994 proactive *A Teen's Guide to Going Vegetarian*. Quotes from young adults who have made themselves comfortable as vegetarians are scattered through a palatable selection of vegan (no meat, milk, eggs, etc.) recipes encompassing everything from breakfast items to desserts. Also included are many "fast-food" and easy-to-prepare (identified by a special icon) dishes for teens who aren't crazy about spending time in the kitchen. Recipes are laid out nicely, with ingredients listed first, followed by a numbered sequence of clear instructions. Boxed insets in Krizmanic's strong, clear voice add background on vegetarianism, and there's a helpful food chart to remind readers about nutritional values. Teens new to vegetarian cooking will find the glossary of "unusual" foods helpful, as well. *Stephanie Zvirin* --This text refers to an out of print or unavailable edition of this title.

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