



Gluten-Free, Dairy-Free, Egg-Free Recipes: Holistic Nutritionist

By Rita Mustafa

Rita Mustafa. Paperback. Book Condition: New. Paperback. 102 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. More than 50 wonderful recipes with color photos featuring breakfast foods, soups, main dishes and dessert recipes. This innovative recipe book is an exciting collection of plant based recipes that will be a welcome addition for anyone already following a vegetarian or vegan lifestyle or for the growing number of people who are embracing a more plant-based diet. Whether you are new to plant based cooking, a long-time vegan, or someone who is just trying to eat meatless meals a few times a week, this is the book for you. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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