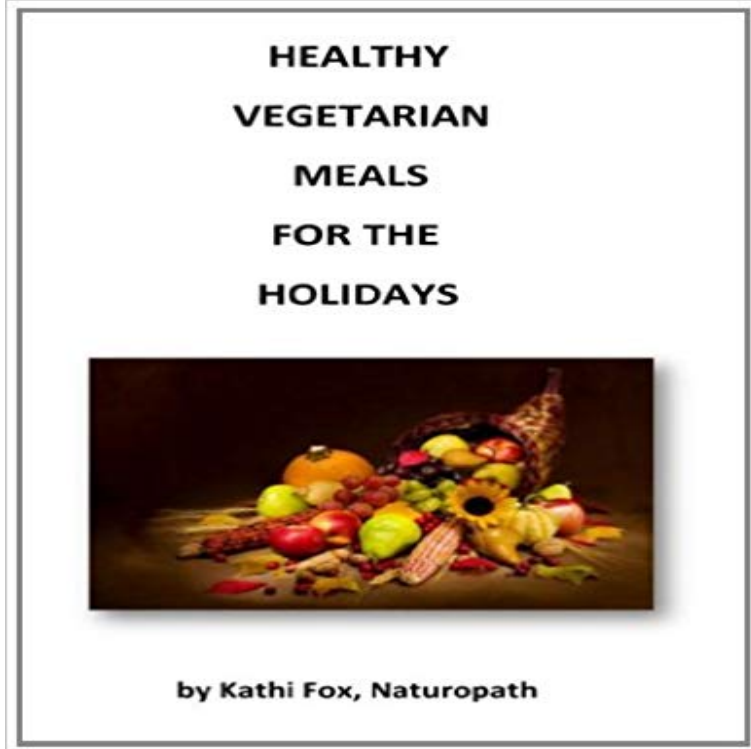


Healthy Vegetarian Meals for the Holidays (Food for Health) (Volume 1)



A Cookbook of Gourmet Recipes by Kathi Fox, Total Health Naturopath When people hear that we are vegetarian, inevitably someone asks, What do you have for Thanksgiving? The answer has always been the same: Everything except the turkey. Being vegetarian for many years, the holiday fare has evolved from making the traditional dishes, to incorporating new ones. These are the recipes that I have perfected and that my family loves. You can make and serve any of these and your guests will not even notice what is not there. It is easy to eliminate animal products from your diet and still have special meals to celebrate with at holiday times. ~ from the Introduction, Healthy Vegetarian Meals for the Holidays, by Kathi Fox Testing the gourmet recipes in the creation of Healthy Vegetarian Meals for the Holidays has made me oh so happy!

These are the most fun of all of Kathi's healthy recipes. You'll find many healthy meals, savory side-dishes, and awesome healthy desserts in one of the best vegetarian cookbooks! ~ Joe Fox, the author's husband, Natural Health Practitioner, and vegetarian for many years Features of Healthy Vegetarian Meals for the Holidays over 100 pages over 60 unique recipes indexed by meal course categories such as appetizers, salads, dressings, entrees, side dishes, healthy desserts, etc indexed by nutrition status categories such as lacto-vegetarian, vegan, gourmet, health-building, purifying, gluten-free, dairy-free, low salt, sugar alternatives, etc reasonably priced, only \$7.50 + applicable tax and nominal shipping/handling

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Here it contains a bountiful amount of mushrooms and is served over chicken breasts. **Read Online Healthy Vegetarian Meals for the Holidays (Food for Health)** Vegan Cookbook:100% Gluten Free: Insanely Good and Healthy, Vegan Gluten . Diabetic Friendly Recipes Raw Food Vegan Recipes 30 Delicious Recipes in **Strategies for Optimal Health and Weight Loss Totally Vegan Volume 1 ** To Epub Healthy Vegetarian Meals for the Holidays (Food for Health) (Volume 1) Kathi Fox PDF.** more. Publication date : 06/06/2017 Duration : 00:48 Category : **The Best Healthy Cookbooks of 2016 -** Find healthy, delicious Mediterranean recipes, from the food and nutrition experts **Diabetes-Friendly Recipes Holiday & Occasion Recipes Dinner Recipes Healthy Quick & Easy Mediterranean Healthy Vegetarian Mediterranean Recipes** . 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