

A Vegan Taste Of East Africa Vegan Cookbooks

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[Blogcritics, 6/29/10\"For vegetarians who are ready to take the step to vegan and omnivores that would like to add animal-free dishes to their diet, The 30 Minute Vegan's Taste of the East offers an array of dishes that will make their experimentation easy. Vegans will find it is an excellent addition to their cookbook libraries.\"](#)

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A vast region of climactic and geographic extremes, East Africa is often characterized as a wasteland of the tastebuds, where harsh conditions lead to basic, flavorless food. This vegan cookbook dispells that myth, showcasing East Africa's hearty, healthy, and delectable ingredients--from sweet potatoes and cassava to sorghum, spices, and savory curries.

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The authentic taste of Middle Eastern food is reproduced in this collection of vegan recipes. Instructions for more than 100 recipes are detailed, including such flavorful dishes as hummus, falafel, pita bread, Persian naan, and orange rice pudding.

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The Vegan Boys formed three years ago when laid-back Northerner Darryn and born and bred Isle o' Wighter Charlotte realised their dream of having their own vegan and gluten-free food trailer. Now often seen supporting local festivals, events and food markets, they are regulars on the circuit - just look for their trademark bright colours and you'll find the Vegan Boys hearty fare just a ...

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