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Bittman

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from The VB6 Cookbook: More Than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at NightThe VB6 Cookbookby Mark Bittman. Categories: Beverages / drinks (no-alcohol); Vegan; Vegetarian. Ingredients: unsweetened non-dairy milk; strawberries; balsamic vinegar. 2.

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When Bittman committed to a vegan before 6:00 pm diet, he quickly realized that everything about it became easier if he cooked his own meals at home. In The VB6 Cookbook he makes this proposition more convenient than you could imagine. Drawing on a varied and enticing pantry of vegan staples strategically punctuated with "treat" foods (including meat and other animal products), he has created a versatile repertoire of recipes that makes following his plan simple, satisfying, and sustainable.

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### **The VB6 cookbook : more than 350 recipes for healthy vegan ...**

In this companion cookbook, The VB6 Cookbook: More Than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night (Clarkson Potter/Publishers; on sale May 6, 2014; \$29.95; hardcover), Bittman presents a beautifully photographed volume and an endlessly adaptable menu of recipes designed to help you eat vegan every day before 6:00 p.m.—and deliciously all of the time.

### **New York Times columnist and bestselling author Mark ...**

The VB6 Cookbook: More than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night doesn't just provide you with delicious, easy to make recipes that won't break the bank, it makes eating healthier fun and.. yes... tastier.

### **Review: The VB6 Cookbook by Mark Bittman | Self Help Daily**

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