



The Complete Idiot's Guide to Low-Fat Vegan Cooking (Complete Idiot's Guides (Lifestyle Paperback))

Bo Rinaldi

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Vegan cooking is often associated with being healthy, but it's not always low in fat. *The Complete Idiot's Guide to Low-Fat Vegan Cooking* brings a fresh and delicious approach to the vegan kitchen, but minus so much of the fat that can often be added to make vegan dishes more flavorful. The vegan chef will open readers up to a universe of fantastic, 100% vegan recipes that offer the added benefit of being low in fat and lower in calories. Readers will be able to craft menus and discover recipes that go from variations on everyday comfort foods to delicious, nutrient-dense dishes that offer maximum nutritional benefit.

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