

# Download New Farm Vegetarian Cookbook

the New Farm cook book is a must for a vegan's cook book library. perhaps the best recipes in the book are the breakfast & baked goods: Who says pancakes have to have eggs in them! Diese Einkaufsfunktion wird weiterhin Artikel laden. Um aus diesem Karussell zu navigieren, benutzen Sie bitte Ihre Überschrift-Tastenkombination, um zur nächsten oder vorherigen Überschrift zu navigieren. This cookbook is a proven classic and a good introduction to vegetarian cooking. Talented cooks from The Farm, a vegetarian community in Tennessee, present a great collection of plant-based recipes. When The Farm Vegetarian Cookbook was released in 1975, it was the first meat-, dairy-, and egg-free cookbook published in the United States. It also introduced good tasting nutritional yeast as a source of vitamin B12, and according to Bill Shurtleff, author of The Book of Tempeh was the first cookbook to introduce tempeh to North America.