



The Vegetarian Kitchen

Melissa Bushby

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This beautifully illustrated cookbook features over 100 delicious vegetarian and lactose-free meals and is aimed at anyone who wants to eat meat-free, whether it's once a week, for a month or for life. The simple, healthy and wholesome recipes include soups, hearty main meals, easy-to-bake breads and delectable desserts. The Vegetarian Kitchen includes a comprehensive introduction to vegetarian and dairy-free cooking, as well as some background information on lactose intolerance and how to stock a vegan pantry. You will be inspired by the food photography, as well as by Melissa's beautiful illustrations and easy-to-prepare recipes as she leads you on an appetizing journey through her kitchen to a healthier way of eating and enjoying food.

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