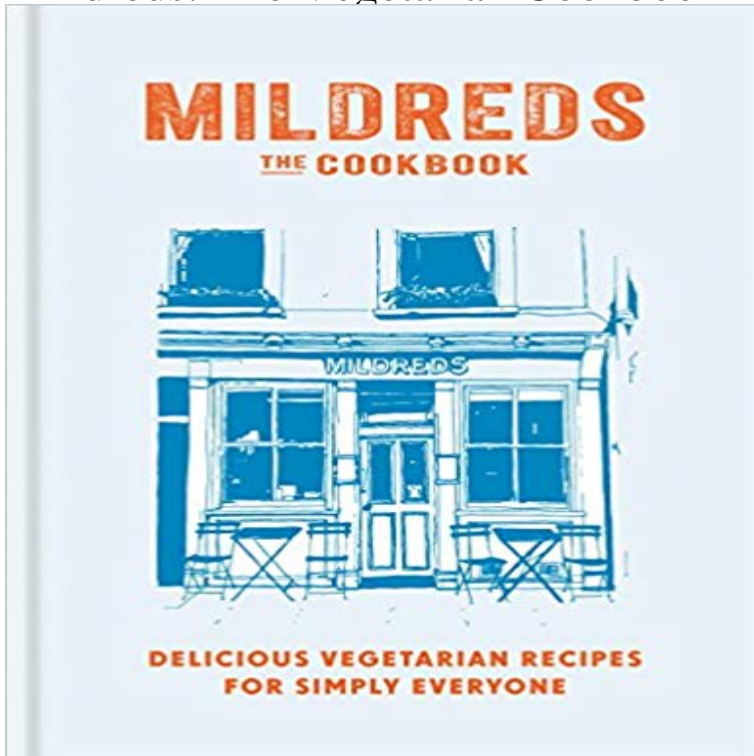


## Mildreds: The Vegetarian Cookbook



If you think vegetarian food is limiting, this is the book to change your mind. Health & Fitness There's inspiration here to help you elevate humble vegetables into something special. The Caterer Be warned, you'll want seconds of everything... Veggie Magazine This is good food at its best, made with delicious, fresh ingredients, which are easy to source and easy to cook with. The Vegetarian Experience An exciting new cookery book from the popular vegetarian restaurant, Mildreds: The Vegetarian Cookbook has something for everyone. Whether you are a vegetarian, or are trying to cut down on your meat intake, the international influences in these recipes promise variety and flavour. There are also plenty of ideas for how to adapt the dishes quickly by adding meat, to cater for keen omnivores. With easy ingredients and smart, time-saving ideas, each recipe is easy to cook from the comfort of your own home. The dishes are flexible and include ingredients that can be easily sourced, allowing you to make hassle-free and delicious meals.

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