



**Vegetarian and Wholefoods Bible: A Fabulous  
Collection of Over 300 Delicious Recipes from  
Around the World, All Shown Step by Step  
(Paperback) - Common**

*By (author) Nicola Graimes*

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A guide to vegetarian wholefood ingredients with over 300 recipes. It includes ideas for breakfasts, soups, family weekday meals, side dishes, special occasions, salads, and wholesome desserts, cakes and bakes. It guides you through the staples of the vegetarian diet, from fresh and dried fruit, to herbs and spices and pantry essentials.

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