



# **Vegan Cooking for One: Over 150 simple and appetizing meals**

*Leah Leneman*

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# Vegan Cooking for One: Over 150 simple and appetizing meals

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## **Vegan Cooking for One: Over 150 simple and appetizing meals** Leah Leneman

A new edition of the Single Vegan, which has sold over 60,000 copies, which contains 30% new recipes

Often vegans, although they may be part of a large family, have to cook separate meals – this cookbook offers over 200 diverse and seasonal recipes to tempt the tastebuds.

The book is split into weeks – and has essential shopping lists for all the ingredients you will need for that week and then delicious recipes to follow. There is also a Spring and Summer collection and an Autumn and Winter collection so that the availability and freshness of ingredients is assured.

The recipes are both savoury and sweet, main meals and light snacks and have influences and flavours from around the world.

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