



Okay, So Now You're a Vegetarian: Advice & 100 Recipes from One Teen to Another

Lauren Butts

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Okay, So Now You're a Vegetarian: Advice & 100 Recipes from One Teen to Another Lauren Butts **So You're Now A Vegetarian**

What exactly are you supposed to eat?

If you're anything like sixteen-year-old author Lauren Butts, you don't want to wade through your parents' cookbooks or resort to eating boring plates of steamed veggies. You probably just crave vegetarian versions of the foods you already love: burgers, wraps, tacos, lasagna, and stir-fries. So that's what Lauren gives you in **OK, So Now You're a Vegetarian**. Not only does she provide 100 mouth-watering recipes for everything from a Breakfast Burrito and Thai Tofu-Veggie Wrap to the Fake-Steak Burger and Death-by-Chocolate Brownies, she also deciphers vegetarian jargon and gives nutritional advice on maintaining a healthy diet. You'll even find helpful cooking tips, in case you slept your way through Home Ec. In **OK, So Now You're a Vegetarian** Lauren has written, expressly for teenagers, the unique, invaluable, and fun-to-use cookbook that both you, and your parents, have been waiting for.

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David Hedges:

The actual book Okay, So Now You're a Vegetarian: Advice & 100 Recipes from One Teen to Another will bring you to definitely the new experience of reading any book. The author style to explain the idea is very unique. In the event you try to find new book to learn, this book very acceptable to you. The book Okay, So Now You're a Vegetarian: Advice & 100 Recipes from One Teen to Another is much recommended to you to learn. You can also get the e-book from the official web site, so you can quicker to read the book.

James Daniels:

Exactly why? Because this Okay, So Now You're a Vegetarian: Advice & 100 Recipes from One Teen to Another is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will jolt you with the secret the idea inside. Reading this book adjacent to it was fantastic author who have write the book in such remarkable way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking technique. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

Amanda Stone:

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