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This vegan cookbook dispells that myth, showcasing East Africa's hearty, healthy, and delectable ingredients from sweet potatoes and cassava to sorghum, spices, and savory curries. Italian, Indian, and Portuguese influences combine with native African traditions and tastes to create a truly unique regional flavor.

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A vast region of climactic and geographic extremes, East Africa is often characterized as a wasteland of the tastebuds, where harsh conditions lead to basic, flavorless food. This vegan cookbook dispells that myth, showcasing East Africa's hearty, healthy, and delectable ingredients—from sweet potatoes and cassava to sorghum, spices, and savory curries.

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The authentic taste of Middle Eastern food is reproduced in this collection of vegan recipes. Instructions for more than 100 recipes are detailed, including such flavorful dishes as hummus, falafel, pita bread, Persian naan, and orange rice pudding.

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diet, The 30 Minute Vegan's Taste of the East offers an array of dishes that will make their experimentation easy. Vegans will find it is an excellent addition to their cookbook libraries." The 30-Minute Vegan's Taste of the East: 150 Asian ... Find many great new & used options and get the best deals for A Vegan Taste of East Africa by

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The Vegan Boys formed three years ago when laid-back Northerner Darryn and born and bred Isle o' Wighter Charlotte realised their dream of having their own vegan and gluten-free food trailer. Now often seen supporting local festivals, events and food markets, they are regulars on the circuit - just look for their trademark bright colours and you'll find the Vegan Boys hearty fare just a ...

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