

## **Student's Vegetarian Cookbook For Dummies**

Connie Sarros



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#### **Student's Vegetarian Cookbook For Dummies** Connie Sarros **The easy way to eat vegetarian on campus**

Vegetarianism is growing rapidly, and young adults?including college students?are leading the charge as more and more of them discover the many benefits to adopting a vegetarian lifestyle. However, there are limited resources for budget-conscious students to keep a vegetarian diet.

*Student's Vegetarian Cookbook For Dummies* offers the growing population of vegetarian students with instruction and recipes for fast and fun vegetarian cooking. Personalized for students, it comes with quick-fix recipes, a variety of creative meal ideas, and money-saving tips.

- Plain-English explanations of cooking techniques and nutritional information
- More than 100 recipes for making vegetarian dishes that are quick, easy, and tasty
- Budget-conscious shopping tips

When dining halls are inadequate and restaurants become too expensive, *Student's Vegetarian Cookbook For Dummies* has you covered!

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