



The Tropical Vegan Kitchen: Meat-Free, Egg-Free, Dairy-Free Dishes from the Tropics

Donna Klein

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Irresistible vegan recipes from all over the world from the author of *The Mediterranean Vegan Kitchen* and *Vegan Italiano*.

In this culinary tour of the Caribbean, Central and South America, Thailand, Indonesia, the Canary Islands, Hawaii, Australia, Africa, India, and many more exotic places, readers will learn how easy it is to prepare authentic tropical vegan dishes with readily available ingredients. The book includes:

- ? More than 225 delicious and nutritious meat-free, egg-free, and dairy-free recipes for appetizers, soups, salads, main courses, side dishes, beverages, and desserts
- ? A glossary of tropical fruits and vegetables with information on buying and storage
- ? Cook?s tips throughout
- ? Comprehensive nutritional analysis for every recipe

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