

# [PDF] The New Laurel's Kitchen

**Laurel Robertson, Carol L. Flinders, Brian Ruppenthal - pdf download free book**

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**Books Details:**

Title: The New Laurel's Kitchen  
Author: Laurel Robertson, Carol L. F  
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## **Description:**

**From Library Journal** The original Laurel's Kitchen, now 10 years old, demonstrated that vegetarian food can be nutritionally sound and need not be dreary. It has been enormously influential and remains so, even now when vegetarian and whole foods cooking has joined the mainstream. For this sequel, almost every recipe has been revised to lower fat content or enhance nutrition, and 150 new recipes have been added, along with a long final section on nutrition that is all new. As in the original volume, recipes are excellent. This new version deserves to be as popular as its predecessor. RD

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