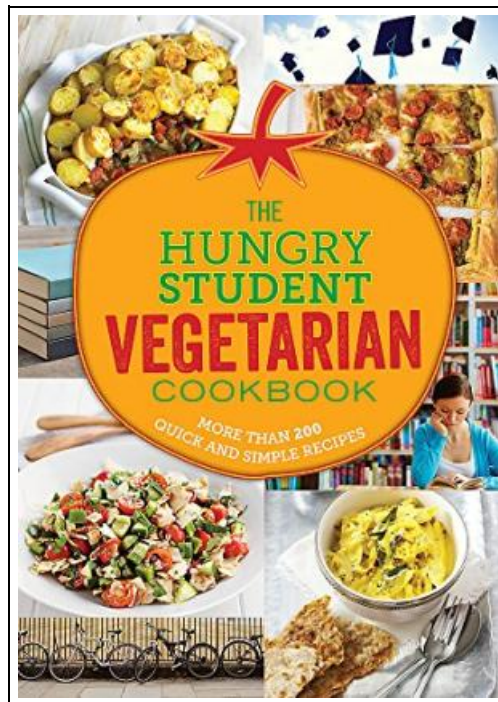


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THE HUNGRY STUDENT VEGETARIAN COOKBOOK (HUNGRY COOKBOOKS)



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Spruce, 2015. Soft cover. Condition: New. A student cookbook with a difference, The Hungry Student Vegetarian not only gives more than 200 quick and cheap meat-free recipes that are so tasty, even hardened carnivores will keep turning up for dinner. There are also indispensable tips on budgeting, lunchbox ideas, healthy eating and how to get creative with leftovers. With chapters dedicated to Bring on Brekky, Comfort Food, Roasted and Baked, Made in a Flash and All the Carbs, there are opportunities for impromptu parties, end of the month budget creations and comfort foods for one. All the recipes in this book are balanced for a healthy vegetarian diet, and they each have an affordability stamp to help with budgeting as well as detailed instructions to make them accessible to even the most novice cook. Forget the textbooks, this is the only book you'll ever need to get through your first year!.



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