



Spork-Fed: Super Fun and Flavorful Vegan Recipes from the Sisters of Spork Foods

By Jenny Engel

St. Lynn's Press. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 7.9in. x 7.9in. x 0.5in. Foreword by sisters Emily Deschanel (star of the TV series Bones) and Zooey Deschanel (film and TV actress). Spork-Fed is a savvy, upbeat introduction to vegan cuisine written by sisters who know great food! Flavor is the top priority in these easy-to-prepare recipes, many of them gluten-free. With full-color photographs throughout, this visually striking book shows you how to make everything from decadent desserts to homemade tofu. The Spork Sisters share more than 75 delicious recipes, along with dozens of health tips. In addition to the recipes, Spork-Fed's themed menu pairings will help any cook prepare for special occasions, quick family weeknight meals, or extravagant feasts sure to impress any guest. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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