

Eat less meat - National Vegetarian week 24th-30th May 2004

Submitted by: Hamlyn

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Vegan by Tony Weston and Yvonne Bishop

in association with the Vegan Society hamlyn £12.99 published 15th June 2004

Healthy and delicious meals without meat, fish or animal produce

There are over 25,000 vegans in Britain and numbers are growing, often prompted by food allergies such as lactose intolerance.

A perfect introduction to veganism and a source of delicious new ideas for long-established vegans, this inspiring book is endorsed by the Vegan Society and published to co-incide with their Diamond Jubilee. Over 90 mouth-watering recipes for all occasions, from Crispy Stuffed Pepperdew Peppers and Egg-Free Omelette to Mushroom Stew and Chocolate Chip and Walnut Ice cream. There are also creative ideas for emergency snacks and meals when you are in a hurry.

Naturally low in saturated fat because they are meat, fish and dairy free, these recipes are packed full of flavour and bursting with essential nutrients and there is clear nutritional information on how to achieve a balanced and tasty vegan diet.

For review copies, further information on the book, extracts, author interviews and reader offers please contact Liz Rowe on 0207 5318579 or email liz.rowe@hamlyn.co.uk