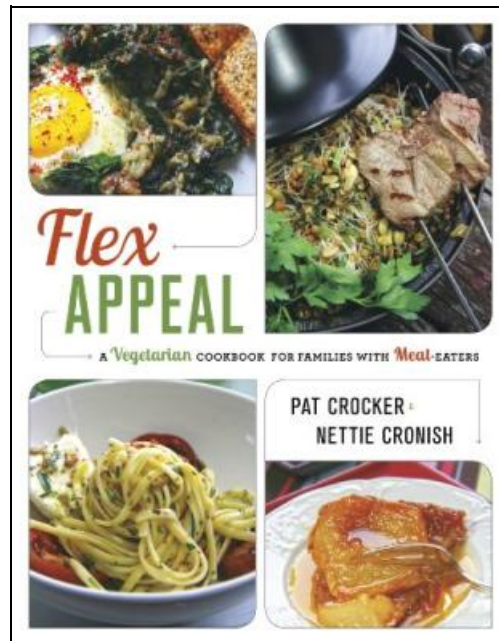


## Flex Appeal: The Vegetarian Cookbook for Families with Meat-Eaters



Filesize: 4.77 MB

### **Reviews**

*A top quality ebook as well as the typeface used was interesting to see. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

*(Dr. Isabell Wiza DDS)*

## FLEX APPEAL: THE VEGETARIAN COOKBOOK FOR FAMILIES WITH MEAT-EATERS



Whitecap Books Ltd, Canada, 2016. Paperback. Book Condition: New. 278 x 216 mm. Language: English . Brand New Book. Every time we eat we are making a choice about what we support in the food industry and what we don't. Industrialized farming, additives and animal cruelty have led many people to become vegans and vegetarians but that's not the only alternative to ethical eating. Flex Appeal is all about the balancing our ethics with our tastebuds, and our vegetarian friends with our meat-eating ones. Reduced meat intake, organic vegetables, free range chickens, and drug-free animals humanely raised on small, mixed-crop farms are all alternative choices to the strictness of a vegan diet. Flex Appeal shows you how to make these choices for your family and how to ease-in even the staunchest meat and potatoes eater into eating healthier and more sustainably, without having to give up meat. With friends and family all coming together from different backgrounds (and tastes) the one thing we all have in common is wanting to eat food that's delicious. Pat and Nettie have gone through their recipe rolodex to supply over 100 new and fresh ideas, most of which can be prepared in one hour or less. For those of us already trying to be healthy, these new recipes are a welcome addition to our repertoire and are sure to become family favourites in no time. Flex Appeal is part vegetarian cookbook and part meat mastery. Many of the meals have flex appeal because they appeal to both vegetarians and meat eaters, with a delicious vegetarian base and an optional meat on the side. Plus tips on roasting chicken, fish and beef make this a necessary book for anyone cooking for a family with multiple tastes and needs. With Flex Appeal dinner...



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