

Vegetarian Recipes Collection

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This collection of 125 Vegetarian recipes will help you prepare the essential foods you require in a tasty and healthy way. Scientific data suggests that a Vegetarian diet helps prevent diseases such as obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer. Plant sources alone may not provide enough protein in a vegetarian's diet and other sources such as tofu and soy are required. It is recommended that you choose a variety of foods including whole grains vegetables, fruits, legumes, nuts, seeds, dairy products and eggs. This collection of 125 Vegetarian recipes will help you prepare the essential foods you require in a tasty and healthy way. Try the Cauliflower Mashed Potatoes, Tofu Burger, Tater Tot Casserole, Meatless Loaf, and a delicious desserts such as the No Bake Peanut Butter Pie.

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