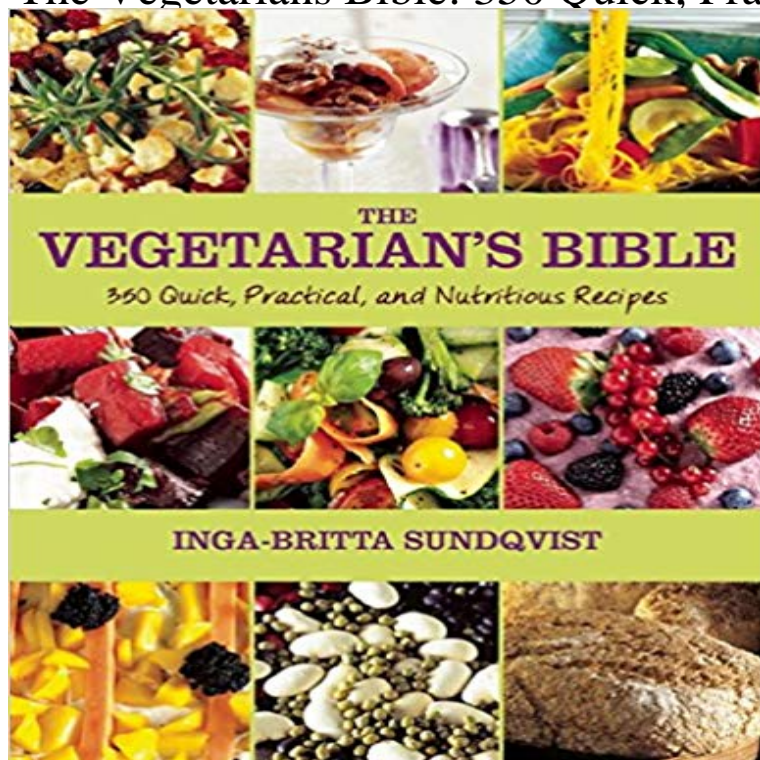


# The Vegetarians Bible: 350 Quick, Practical, and Nutritious Recipes



If you're craving fresh, nourishing food that will help you lose weight, get more energy, and revitalize your health, look no further than *The Vegetarians Bible*. These classic vegetarian dishes utilize seasonal ingredients that are great for both your health and the environment. Vegetables are an essential part of a good diet because they are packed with antioxidants, minerals, vitamins, and fiber. Learn how to maintain your health and be your own inner doctor with recipes for a detox and anti-inflammatory diet, as well as recipes that utilize all those important super foods that are packed with nutrients that keep you full longer. Sundqvist has updated her classic vegetarian cookbook to include recipes for a range of diets including: raw food, custom GI vegetarian, vegan, lacto or lacto-ovo vegetarian. Aside from her wide array of recipes, Sundqvist also includes recommendations for seasonal buffets, for those wishing to entertain with healthy and beautiful food. These recipes are perfect for any at-home chef with simple step-by-step instructions and 150 beautiful full-color photographs. With recipes ranging from appetizers, soups, and snacks, to pizzas, salads, and sandwiches, and even stir fries and desserts, this cookbook is perfect for someone looking to go veggie, or the vegetarian interested in exploring new, tasty meals. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish

becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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