



Simply Vegan: Quick Vegetarian Meals

Debra Wasserman, Reed Mangels, Ph.D., R.D.

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Simply Vegan is more than a cookbook. It is a guide to a non-violent, environmentally sound, humane-lifestyle. Debra Wasserman and Reed Mangels make vegan living easy with 160 quick vegetarian recipes, an easy-to-understand and complete vegan nutrition section, meal plans, and a guide to vegan shopping. Also valuable is a list of the top 15 recipes for calcium, vitamin C, and iron, plus an up-to-date chapter on pregnancy, infants, and vegan children.

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