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SPORK-FED: SUPER FUN AND FLAVORFUL VEGAN RECIPES FROM THE SISTERS OF SPORK FOODS



St. Lynn's Press. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 7.9in. x 7.9in. x 0.5in. Foreword by sisters Emily Deschanel (star of the TV series Bones) and Zooey Deschanel (film and TV actress). Spork-Fed is a savvy, upbeat introduction to vegan cuisine written by sisters who know great food! Flavor is the top priority in these easy-to-prepare recipes, many of them gluten-free. With full-color photographs throughout, this visually striking book shows you how to make everything from decadent desserts to homemade...

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