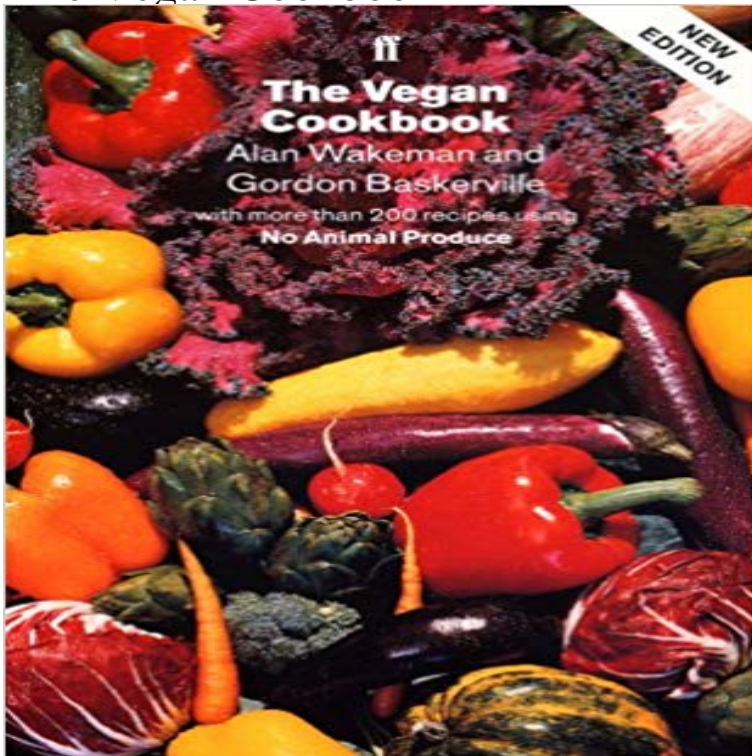


# The Vegan Cookbook



This classic cookbook offers more than an authentic cuisine - it proffers a way of life based on compassion for all living things. For veganism is grounded in the simple truth that primary food - fresh fruit and vegetables, grains, seeds, nuts, pulses and so on - is not only healthier, but ecologically, ethically and spiritually superior to the mass-produced fodder of agri-business and factory farming. But gourmets will also find delights here among over 200 recipes ranging from the everyday to the celebratory. For this updated edition, Gordon Baskerville and Alan Wakeman have conjured up more than a dozen new recipes, improved some of the original ones and thoroughly revised and updated the information sections.

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