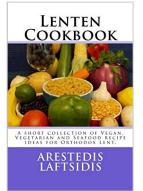
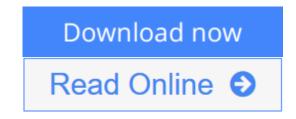
# Lenten Cookbook



By Arestedis Laftsidis



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Looking for simple vegan, vegetarian and seafood recipes for Orthodox Lent? This short collection of recipe ideas provides quick & easy preparations, using readily available ingredients & basic kitchen equipment. Full color picture of each completed dish, along with a notes section to make recipes your own. Over 45 recipes, including simple vegan desserts. A portion of the proceeds from each sale will be donated to charity.

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#### Lenten Cookbook By Arestedis Laftsidis Bibliography

- Sales Rank: #626935 in Books
- Published on: 2013-08-17
- Original language: English
- Dimensions: 9.00" h x .27" w x 6.00" l,
- Binding: Paperback
- 114 pages

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