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BUDDHA'S WAY: CHINESE HEALTHY COOKING : VEGANIZED



Synopsis

YOU HAVE NEVER HEARD OF MANY DISHES IN THIS BOOK. BUDDHA'S WAY From the vegan eater to the meat eater, you will love the vegetarian recipes offered in this book. QUICK, EASY, BOLD AND SUPER DELICIOUS!Chinese guilt free food leaves your taste buds in a joy filled frenzy. Salty, spicy, sweet and tangy, it's all in there. These recipes will excite your dining guest. Your children will be raving about how delicious the VEGETABLES are. Please enjoy this gift of my healthy recipes from China. Try every recipe and watch your body dance with happiness!!!Spicy Stir-Fried Eggplant with Snap BeansSteamed Baby Bok Choy with Shiitake Mushroom sauceStir-fried Broccoli with Sesame Garlic SauceSesame Ginger Noodles with Steamed Tofu and BroccoliChinese Vegan Peanut SoupSweet and Sour Onion Side DishSpicy Steamed Spinach and Bean Sprout SaladFried Tofu with VeggiesSteamed Wonton VeggiesStir fry Spinach and Broccoli with tomatoesSpicy Cucumber and Spinach Chinese SaladChinese Fried Veggie RiceFried spicy garlic tofu with spring onionsSweet and Sour Chinese Vegan DishChinese Stir-Fry Garlic Asparagus and MushroomChinese Sweet and Spicy Fried Cauliflower FloretsCreamy Chinese Ginger and Carrot soupVegan Chinese Spring RollChinese Sweet and Spicy Seaweed SaladSweet Tofu Vegan PuddingVegan Rice CongeeOne-Pot Creamy Mushroom and Green Beans DishChinese Deep Fried Potato and carrot ballsStir-Fried Garlic Pepper PumpkinFried chili potatoes with green bell pepperMushroom with Chinese agave nectar sauceCelery and Carrot Chinese SaladChinese Cabbage Noodle soup with CarrotsMixed Mushroom Chinese RecipeSweet and Sour Baked TofuChinese Sweet Scallion PancakesChili Garlic Spinach with oyster sauceChinese Vegan Dumpling SoupStir-fried Cabbage and Carrot RecipeStir-fried Vegetable Rice NoodlesChinese Vegetable Salad with FruitsChinese Mushroom SoupSpicy Sesame Seed BallsFried Baby Corns with Szechwan dipping sauceChinese Black Sesame Coconut Vegan Ice CreamFried Bananas with cinnamon and sesame seeds98

Book Information

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Customer Reviews

So far have tried a few of the tips and recipes, really happy with the results...

It's cute but quality a bit homemade for the price. Haven't used it yet.

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