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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 Beans  
Steamed Baby Bok Choy with Shiitake Mushroom  
sauce  
Stir-fried Broccoli with Sesame Garlic Sauce  
Sesame Ginger Noodles with Steamed Tofu and Broccoli  
Chinese Vegan Peanut Soup  
Sweet and Sour Onion Side Dish  
Spicy Steamed Spinach and Bean Sprout Salad  
Fried Tofu with Veggies  
Steamed Wonton Veggies  
Stir fry Spinach and Broccoli with tomatoes  
Spicy Cucumber and Spinach Chinese Salad  
Chinese Fried Veggie Rice  
Fried spicy garlic tofu with spring onions  
Sweet and Sour Chinese Vegan Dish  
Chinese Stir-Fry Garlic Asparagus and Mushroom  
Chinese Sweet and Spicy Fried Cauliflower Florets  
Creamy Chinese Ginger and Carrot soup  
Vegan Chinese Spring Roll  
Chinese Sweet and Spicy Seaweed Salad  
Sweet Tofu Vegan Pudding  
Vegan Rice Congee  
One-Pot Creamy Mushroom and Green Beans Dish  
Chinese Deep Fried Potato and carrot balls  
Stir-Fried Garlic Pepper Pumpkin  
Fried chili potatoes with green bell pepper  
Mushroom with Chinese agave nectar sauce  
Celery and Carrot Chinese Salad  
Chinese Cabbage Noodle soup with Carrots  
Mixed Mushroom Chinese Recipe  
Sweet and Sour Baked Tofu  
Chinese Sweet Scallion Pancakes  
Chili Garlic Spinach with oyster sauce  
Chinese Vegan Dumpling Soup  
Stir-fried Cabbage and Carrot Recipe  
Stir-fried Vegetable Rice Noodles  
Chinese Vegetable Salad with Fruits  
Chinese Mushroom Soup  
Spicy Sesame Seed Balls  
Fried Baby Corns with Szechwan dipping sauce  
Chinese Black Sesame Coconut Vegan Ice Cream  
Fried Bananas with cinnamon and sesame seeds

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## 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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