



## Triumph of the Lentil: Soy-Free Vegan Wholefoods for All Appetites

By Hilda Jorgensen

Createspace, United States, 2011. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Triumph of the Lentil is a revolutionary new cookbook that takes a D.I.Y. approach to cooking. Relying on whole, unprocessed ingredients to create delicious and nourishing food with a focus on filling main meals and desserts, including plenty of practical year-round everyday recipes. This cookbook was written mostly while the author was looking after a baby. With limited time and a need to get nutrition out of every bite, Hilda creates vegan wholefood recipes with a real awareness of busy and active lifestyles. With appetising photos and clear instructions for every recipe, this book will inspire you to rely on your own healthy home cooking. Using no artificial or pre-made products, Hilda shows you how to create delicious meals from everyday ingredients that can be found locally and organically throughout the year. These recipes are easy enough for everyday use, but flavoursome and filling enough to impress your family and guests. With Triumph of the Lentil you can learn to. Make 100 wholemeal wheat breads with only 5 minutes of time in the kitchen, with flavours that rival...



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