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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

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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