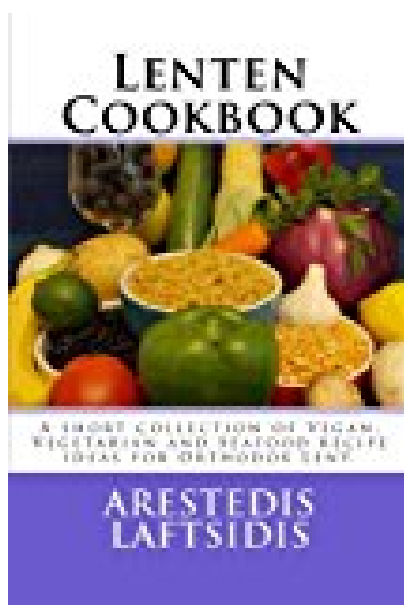


# Lenten Cookbook

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## BOOK DETAILS

- Author : Arestedis Laftsidis
- Pages : 114 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1492128147

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## BOOK SYNOPSIS

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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