

Vegan Unplugged: A Pantry Cuisine Cookbook And Survival Guide By Jon Robertson

By Jon Robertson

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Jon Robertson is the author of Apocalypse Chow (3.62 avg rating, 48 ratings, 12 reviews, published 2005), Vegan Unplugged (4.13 avg rating, 23 ratings, 6

nutritious Pantry Cuisine.Vegan Unplugged also features a concise emergency preparedness section for you, Vegan Heritage Press Paperback: (ISBN:

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Meatless Monday Basic Black Bean Recipe is from Vegan Unplugged: A Pantry Cuisine Cookbook and Survival Guide by Jon Robertson with recipes by Robin Robertson

When I first heard about Vegan Unplugged, I had never really thought about the potential use of A Pantry Cuisine Cookbook and Survival Guide.

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Neal Barnard Vegan Unplugged provides a unique and important combination: healthful recipes and strategies for surviving an emergency or natural disaster.

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Living in Southern California s earthquake zone, I have the usual assortment of canned goods and bottled water in my pantry. And I think I know where the flashlight is.

VRG > Vegetarian Journal > 2011 Issue 2 > Book Reviews. Vegan Unplugged. By Jon Robertson with recipes by Robin A Pantry Cuisine Cookbook and Survival Guide

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