



# The Teen's Vegetarian Cookbook

*Judy Krizmanic*

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## **The Teen's Vegetarian Cookbook** Judy Krizmanic

The perfect beginning cookbook for both new vegetarians and parents who are trying to accommodate a vegetarian in the house, *The Teen's Vegetarian Cookbook* includes recipes for breakfast, lunch, dinner, snacks, and dessert. With an insightful introduction to the basic nutritional concepts of vegetarianism, Judy Krizmanic guides teen vegetarians through slicing and dicing, serving vegetarian snacks at parties, and even making an entire meal for the family. Filled with "Insanely Easy" ideas, as well as more involved recipes, *The Teen's Vegetarian Cookbook* will get teens into the kitchen and cooking up delicious meals in no time.

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