



# Vegan Italiano: Meat-free, Egg-free, Dairy-free Dishes from Sun-Drenched Italy

*Donna Klein*

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## **Vegan Italiano: Meat-free, Egg-free, Dairy-free Dishes from Sun-Drenched Italy** Donna Klein

In the sumptuous style of classic Italian cuisine, this collection of delectably authentic recipes reinvents vegan. Mouth-watering dishes burst with fresh fruits,vegetables, whole grains, nuts, and healthy fats like olive oil - all within an animal-free diet, ideal for lactose-intolerant eaters and vegetarians, too.

Delicious Italian food was made for bountiful and flavor-filled variations, not weak substitutions - which is why none of these recipes calls for tofu, soy milk, or other ingredients that mimic meat, dairy, and eggs. Now readers can treat themselves to something scrumptious - even if they can't make it to Italy this year.

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