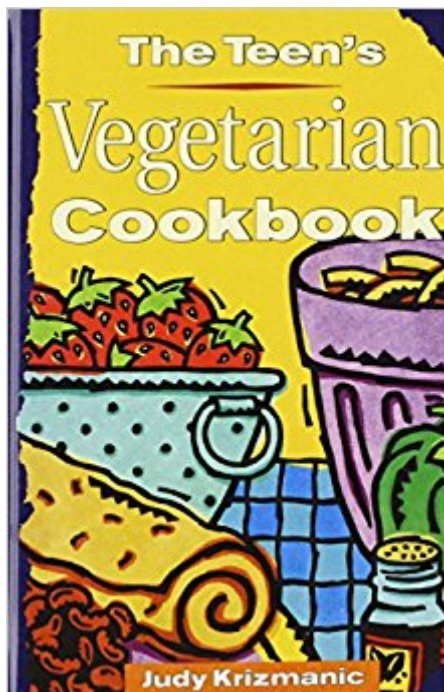


The book was found

The Teen's Vegetarian Cookbook



Synopsis

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. --This text refers to an out of print or unavailable edition of this title.

Book Information

Library Binding: 186 pages

Publisher: Puffin; Reprint edition (August 11, 2008)

Language: English

ISBN-10: 1439515476

ISBN-13: 978-1439515471

Package Dimensions: 8.7 x 5.9 x 0.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 57 customer reviews

Best Sellers Rank: #1,453,468 in Books (See Top 100 in Books) #75 in [Books > Teens > Hobbies & Games > Cooking](#)

Customer Reviews

Grade 5 Up This title will be in great demand. The recipes are clearly written and most contain commonly found ingredients. Anecdotes from teens enhance the clearly organized sections. Helpful hints, suggested substitutions, and complete menus all add to this attractive presentation. A How-To-Get-Your-Nutrients Substitution Chart is included to ensure a healthy diet. A tasty treat that will enhance cookbook shelves. Kathleen A. Nester, Downingtown High Ninth Grade Center, PA
Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Krizmanic offers a great companion to her 1994 proactive *A Teen's Guide to Going Vegetarian*. Quotes from young adults who have made themselves comfortable as vegetarians are scattered through a palatable selection of vegan (no meat, milk, eggs, etc.) recipes encompassing everything

from breakfast items to desserts. Also included are many "fast-food" and easy-to-prepare (identified by a special icon) dishes for teens who aren't crazy about spending time in the kitchen. Recipes are laid out nicely, with ingredients listed first, followed by a numbered sequence of clear instructions. Boxed insets in Krizmanic's strong, clear voice add background on vegetarianism, and there's a helpful food chart to remind readers about nutritional values. Teens new to vegetarian cooking will find the glossary of "unusual" foods helpful, as well. Stephanie Zvirin --This text refers to an out of print or unavailable edition of this title.

Great recipes in an easy to understand format. My teen daughter already enjoys cooking, but she was not finding many vegetarian recipes that she was interested in trying. This book has some fun foods and recipes for her to try.

Getting teenagers to eat healthy meals isn't always easy and vegetarian teens are no exception. The Teen's Vegetarian Cookbook by Judy Krizmanic provides a good selection of nutritious recipes that will appeal to vegetarian teenagers - as well as those whose teenage years are behind them. Besides offering a variety of recipes in sections typically found in most vegetarian recipe books, Krizmanic also includes useful chapters on "Easy Pasta Dishes" and "College Cuisine." "The How-To-Get-Your-Nutrients Substitution Chart" and calcium and iron sources listed are informative and helpful as is a "Glossary of Basic Cooking Terms and Unusual Foods." An icon pointing out those recipes that are easy to make is also useful.

I bought this book for my 17 year daughter. It is informative about vitamins and minerals you find in a variety of foods. The recipes are "insanely" easy! And alot of it is stuff she and her friends like to eat. I've tried several of the snack recipes myself. It's a good cook book to have on hand.

I thought for a Teen Cookbook the recipes would be a bit simpler. However, as an adult, there are some great ideas for when you are too tired to cook. The book is easy to read and follow/

This is not just a cookbook! It is excellent for a teen, or anyone starting out as a vegetarian in a nonvegetarian society. It gives great advice on foods, their prices and easy preparation tips. There is also great incite included throughout from experienced vegetarian teens. Almost all of the recipes can be done very quickly and the ingredients are flavorful and common.

I borrowed this book from the library and decided I really wanted to buy it! I love the 'insanely easy' recipes featured and the helpful tips for vegetarians; in one day I tried three recipes from this book and I hope to try more. The reason why I didn't put 5 stars is because it doesn't include the nutrition information, so you don't know how many calories and things you're eating which I wish it had because that would be helpful; also it'll say four servings for a recipe, but how much is that? 1 cup? 2 cups? I like recipes that include that and if this book had both those things then I would love it! But definitely give this book a try, it's worth it. :)

Our granddaughter has this book and when I saw it I knew I had to have it. It has the best veggie recipes in it for everyone....easy to fix ones too.

I bought this book as part of a group of books to complete a selection of books I thought would help my Niece learn about becoming a vegetarian, or learn what it takes to cook like one. She is 8 years old. She was very happy to get them.

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic

Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) 50
Dutch Oven Recipes For The Vegetarian – Quick and Easy One Pot Meals (Vegetarian
Cookbook and Vegetarian Recipes Collection 8) Teen to Teen: 365 Daily Devotions by Teen Girls
for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Vegetarian
Cookbook for Beginners: The Essential Vegetarian Cookbook to Get Started Cookbook For Teens:
Teen Cookbook - The Simple and Healthy Teen Cookbook - Easy and Delicious Recipes For
Teenagers Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy
Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes,
Asian Recipes, Asian Cookbook 1) Easy Vegetarian Slow Cooker Cookbook: 125 Fix-And-Forget
Vegetarian Recipes Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The
Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners
(Healthy Cooking) The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes
for When You Need to Eat (Everything Books) The Ketogenic Vegetarian Diet Cookbook: Insanely
Delicious & Easy Ketogenic Diet Vegetarian Recipes for Health & Weight Loss The Ketogenic
Vegetarian Diet Cookbook: Insanely Delicious & Easy Ketogenic Diet Vegetarian Recipes for
Health & Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)