



Five Seasons in the Kitchen

Dr Avital Sebbag

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"Five Seasons in the Kitchen" is an exciting culinary journey along the paths of vegan cooking that lead to the heart of Avital's world - her kitchen. Whether chopping, kneading, stirring or baking, Avital is master of this gloriously humble realm in which her profound love and respect for the fruits of the earth mark her every move. This book contains 75 nutritious, rich and delicious recipes inspired by Zen and ancient principles of nutrition.

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