

Recipes For A Small Planet By ELLEN BUCHMAN EWALD

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tomato quiche recipe | taste of home - Tomato Quiche Recipe. with a couple tweaks. I added a small head of chopped broccoli florets, one clove of crushed garlic to the onion mixture,

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diet for a small planet thinking person's - Thinking Person's Cheesecake Version II as seen in Diet for a Small Planet Yield: 8-10 servings Preparation Time: 10 minutes Ready in: 45 minutes

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mjeddrah - recipe detail - bakespace.com - Notes I tried this recipe years ago when I was looking for a high protein vegetarian recipe and found this in Diet for a Small Planet. It said the history of this

vegetarian casserole recipes - home cooking - - Apr 15, 2009 there's one veggie casserole I used to prepare from Diet for a Small Planet. small servings with a side of These recipes are not

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