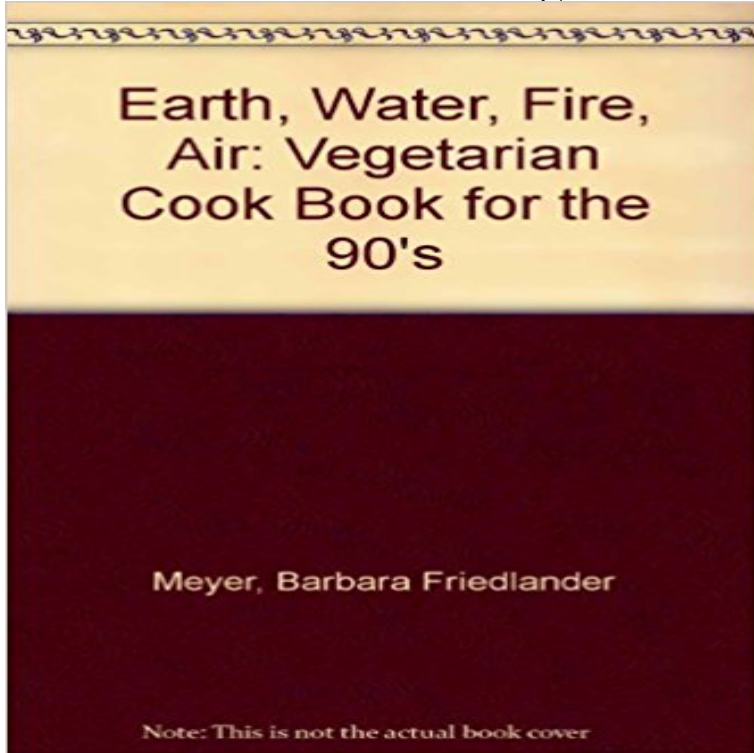


## Earth Water Fire Air: A Vegetarian Cookbook for the 90s



Today, as more and more people are concerned with eating light, vegetarian cooking is an increasingly popular option for those who want to stay fit and trim. In her new book, Barbara Friedlander Meyer presents all the elements for creating delicious vegetarian meals. Featuring a host of appealing recipes - many with an ethnic flavour - Earth Water Fire Air includes recipes that take full advantage of the latest methods and products, with ingredients that are free of sugar, additives, or preservatives. She emphasizes low fat, high fibre dishes - dishes which are sophisticated and savoury. The cookbook is illustrated and provides glossaries of herbs and vegetables, party menus, and shopping tips.

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