



# **The Deliciously Conscious Cookbook: Over 100 Vegetarian Recipes with Gluten-free, Vegan and Dairy-free Options**

*Belinda Connolly*

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# The Deliciously Conscious Cookbook: Over 100 Vegetarian Recipes with Gluten-free, Vegan and Dairy-free Options

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## **The Deliciously Conscious Cookbook: Over 100 Vegetarian Recipes with Gluten-free, Vegan and Dairy-free Options** Belinda Connolly

*The Deliciously Conscious Cookbook* is bursting with tempting treats that anyone can enjoy, no matter what their dietary requirements.

It features 100 imaginative vegetarian recipes—many of them gluten free, dairy free, lower sugar or vegan—including **Belinda Connolly's** signature savoury **Butternut, Berry & Goat's Cheesecake** and her piquant **Thai Cauliflower, Coconut & Lime Soup**. Packed with easy-to-follow recipes for light lunches, simple suppers and moments of pure indulgence, it also offers a wealth of ways to adapt each dish for a variety of needs.

Belinda is famous for using vegetables and pulses in innovative ways to create delectable sweet treats, such as her melt-in-the-mouth **Adzuki Bean Fudge Brownies** and the zesty **Tropical Parsnip & Polenta Cake**.

Full of originality, this beautiful book offers health-conscious cooks inventive new ways to celebrate their love of food.

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