



Salads: Healthy Vegan

Ana Janjatovi? Zorica

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There are many reasons why salads should become a part of your daily nutrition - as a side dish or as a main course. They are packed with nutrients and fiber and as such they refresh and relax your body. You can eat them all year round changing ingredients and preparation methods as seasons change. In *Salads*, a cookbook written by Ana Janjatovi? Zorica, a popular Croatian macrobiotic teacher and author, you will discover how versatile salads can be. Try these 28 salad recipes for raw salads, short-pressed salads, marinated salads, blanched salads, grain salads and fruit salads. Ana Janjatovi? Zorica reveals a whole world of nutritionally rich plant based ingredients that can be used for creating delicious salads and sugar-free and completely natural salad dressings so you will not have to worry about extra calories while enjoying your healthy meal. Enjoy zucchini carpaccio with black cumin, watercress and beetroot with chia seeds, warm salad with shiitake mushrooms, seitan and rocket, then basmati rice with vegetables and seitan, carrot and hijiki seaweed or a sweet fruit salad with marinated peaches, dark chocolate and soy cream dressing. Each recipe is illustrated with a photograph.

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