



Please Don t Feed The Bears: (A Vegan Cookbook) (Paperback)

By Asbjorn Intonsus

Microcosm Publishing, United States, 2016. Paperback. Condition: New. Second Edition, Second edition. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Please Don t Feed The Bears provides a range of tasty and simple animal-free dishes. The collection finally makes available three issues of a long-obscure fanzine originally published in the mid 1990s. Here you ll find incredible recipes for stews, soups, sauces, noodle and bean dishes, baked entrees, deserts and more! There is also a fair smattering of new material bringing this to a whopping 160 pages of deliciousness! These recipes are written to be simple, straightforward, and perfect for the newest convert to the vegan revolution! But far from being just a vegan cookbook, Please Don t Feed The Bears reads as a look into vegan lifestyle and underground culture. The book is thoroughly illustrated with eye-catching drawings and graphics and includes assorted rantings about music and the politics of leading a vegan lifestyle. Easy-to-make and delectable recipes go great with the DIY punk rock sensibility of zine culture.



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