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An exciting new cookery book from the popular vegetarian restaurant, Mildreds: The Vegetarian Cookbook has something for everyone. Whether you are a vegetarian, or are trying to cut down on your meat intake, the international influences in these recipes promise variety and flavor.

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The book contains recipes from their

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menu (the mushroom and ale pie is what sold me) that make innovative use of ingredients. Even if you are not a vegetarian, there is a lot to enjoy here, and if you do have vegetarians coming for dinner, you can make meals where absolutely nobody will miss the meat.

Amazon.com: Customer reviews: Mildreds: The Vegetarian ...

£20.00 The Mildreds Cookbook offers over 100 vegetarian recipes that appeal to meat eaters alike, with vegan, gluten-free and dairy-free options. The Mildreds manifesto: To reach as many people as possible and give them the ideas and confidence to enjoy vegetarian food at home. *

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The cook book includes various mildreds' classic dishes, a variety of gluten free and vegan recipes, as well as a menu planning section bringing together vegan and gluten free menu ideas. Below is a sneak peek of our cook book, we hope you enjoy!

Mildreds blog - Cookbook Release - THE Vegetarian & Vegan ...

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Mildreds: The Vegetarian Cookbook 'If you think vegetarian food is limiting, this is the book to change your mind.' Health & Fitness 'Theres inspiration here to help you elevate humble vegetables into something special.'

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