



## Lenten Cookbook

*By Arestedis Laftsidis*



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Looking for simple vegan, vegetarian and seafood recipes for Orthodox Lent? This short collection of recipe ideas provides quick & easy preparations, using readily available ingredients & basic kitchen equipment. Full color picture of each completed dish, along with a notes section to make recipes your own. Over 45 recipes, including simple vegan desserts. A portion of the proceeds from each sale will be donated to charity.

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