



# Low-carb Vegetarian

*Celia Brooks Brown*

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## Low-carb Vegetarian Celia Brooks Brown

Low-carbohydrate diets are becoming more popular, but there are few resources for the vegetarian who wants to cut carbs. Celia Brooks Brown, owner of a successful vegetarian catering company, remedies this. She offers satisfying and easy recipes for every meal of the day, as well as desserts and party food. Begin with Blueberry Almond Griddle Cakes, try the Thai Hot and Sour Salad with Crispy Tofu for lunch, and snack on Chili-Crust Brazil Nuts. **Low-carb Vegetarian** highlights foods with special health-giving properties, and its recipes are both high in protein and low in fat. For those trying to lose weight or to follow a weight-maintenance lifestyle, this book offers a varied and gratifying menu.

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