

**Low Carb Vegetarian Cookbook: 30 High Protein
Vegetarian Recipes Using Beans, Lentils, Quinoa,
Tempeh And More (Veggielicious Cookbooks Book 1)
By Nicole Minotti**

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Author information. Rose Elliot is Britain's foremost vegetarian cookery writer and is the author of many bestselling titles. She lives with her husband in Hampshire

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