



# The Really Useful Ultimate Student Vegetarian Cookbook

*Murdoch Books Test Kitchen, Helen Aitken*

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# **The Really Useful Ultimate Student Vegetarian Cookbook**

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**The Really Useful Ultimate Student Vegetarian Cookbook** Murdoch Books Test Kitchen, Helen Aitken  
The bestselling vegetarian student cookbook - don't leave home without it!

A good vegetarian diet meets all the requirements of the busy student: it's nutritionally sound, easy to prepare and relatively inexpensive. The days of overcooked vegetables and soya beans seven nights a week are long gone. Many of the meals in *The Really Useful Ultimate Student Vegetarian Cookbook* can be prepared or cooked in minutes and will fit easily into a hectic student life. Even those which take a little longer to cook will give you the opportunity to read your emails and catch up on some research.

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