



Vegetarian Magic

John B. Nowakowski

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Vegetarian Magic is a masterful composition of recipes from the world famous Regency House Spa in Hallandale Beach, Florida. Executive Chef John Nowakowski has tantalized his guests with these revolutionary vegetarian recipes for years. Over 200 delicious easy-to-prepare, cholesterol-free recipes using only natural foods.

The Regency House Spa is one of the forerunners of natural healing and weight loss programs. *Vegetarian Magic* will take you on a journey to better health with a gourmet touch. This low-sodium, low-saturated fat philosophy can guide you to make healthier choices and still enjoy your favorite recipes; created in healthier format by Chef John.

Over 25 tofu recipes, a tantalizing healthy Alfredo sauce, weekly dinner menus for guidance to a healthier body. All natural salad dressings, delicious low-fat soups and sauces and memorable salads and entrees. And of course healthy, scrumptious desserts.

Chef John has taught classes on healthy cooking and shopping for years at the Whole Foods Market, Barnes and Noble and Borders bookstores. Let him share with you what Regency House Spa guests have known for years-vegetarian dining can be delicious and exciting without sacrificing!

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