



# Handbook For The Aussie Vegan

*Silva Mirovics*

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## **Handbook For The Aussie Vegan** Silva Mirovics

As the Vegan movement is growing, so is the information available to the public. Handbook for the Aussie Vegan incorporates Australian Vegan businesses in the one handy resource so you can easily find what you are searching for. To help you on your vegan journey I have included plenty of recipes by some of Australia's wonderful vegan businesses, as well as a collection of articles submitted by well known Aussie vegans and a directory. Whether you are already a fully-fledged vegan, or just dabbling a toe in the vegan waters, I hope you find this book useful in making conscious, mindful consumer choices when considering what to buy, what to eat and what to wear. With a foreword written by Mr Philip Wollen OAM, of the Winsome Constance Kindness Trust and Kindness House, and supported by Vegan Australia, Handbook for the Aussie Vegan is a must have for those seeking, or living, a compassionate lifestyle.

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