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By Mark Foy, Author, Chef, Caterer, Photographer. This cookbook comes from the Vitalita Culinary workforce (VCG) and includes completely vegan-whole food-nutritionally dense recipes. the focal point of this publication is developing exceptional vegan nutrition with no gluten (i.e., the protein in lots of grains akin to wheat).

A Taste of Vitality: Nutrient-Dense Cooking by Mark Foy ...

Mark Foy, Author, Chef, Caterer, Photographer This cookbook comes from the Vitalita Culinary Group (VCG) and contains exclusively vegan-whole food-nutritionally dense recipes. The focus of this book is creating wonderful vegan food without gluten (i.e., the protein in many grains such as wheat).

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