



# Bragg Vegetarian Health Recipes

*Paul C. Bragg, Patricia Bragg*

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The Bragg Vegetarian Health Recipes features over 300 pages, and 700 recipes, including both raw food and cooked vegetarian recipes for salads, dressings, soups, entrees, sauces, desserts, and much, much more! The book is also stock full of inspirational thoughts from both Patricia, and her legendary father, Paul Bragg. Being vegetarian, all the recipes are cholesterol-free, and low in saturated fat.

Patricia's wonderful new book was first introduced on March 3rd, 2008 to over 700 physicians, nutritionists, and health scientists from 42 countries at the 5th International Congress on Vegetarian Nutrition held at Loma Linda University in Southern California.

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