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This Spiced Pomegranate Lemon Lassi was inspired by my new favorite, must have "cookbook" that I'm reviewing today, The Vegetarian Flavor Bible by Karen Page.

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Karen Page is a two-time James Beard Award-winning author whose books include The Flavor Bible, which was named one of the year's best cookbooks on both Today and

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The vegetarian flavor bible & how to get more

I m very excited to participate in the blog tour for The Vegetarian Flavor Bible with a guest post by Karen Page about one of my favorite food topics: umami.

Chatting with karen page, author of the vegetarian

Oct 29, 2014 Read The Vegetarian Flavor Bible for great healthy eating recipes. More tips like these at Food Network.