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the world. Our roots are there in Ethiopia. The vegan way is so helpful for everyone and everything. Environment, health, animals, mankind and climate. Let's spread some love with TEFF LOVE! One love.

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Ethiopian cooking. Before getting to the recipes, Kittee guides you through everything you need to know about cooking Ethiopian food from the basics of this type of cuisine, the traditional ways to serve it, and the kinds of spices that are used.

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In my exploration of Teff Love and the vegan Ethiopian deliciousness it offers, I made at least four big feasts with 2-3 stews, injera and salad, as well as used recipes from the book to make flavorful side dishes for our weekday meals.

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Kittee's love and appreciation of Ethiopian food combined with her creativity, compassion, and commitment to vegan values. It's a vital, priceless gift to vegans and nonvegans alike. I invite you to let Kittee take you on exciting culinary adventures and travel to Ethiopia by way of her spectacular recipes.

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Teff love : adventures in vegan Ethiopian cooking. [Kittee Berns] -- "Kittee Berns is on a mission to demystify these delicious dishes, breaking through language and cultural barriers to show how these foods are traditionally prepared and served.

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