

# Family Favorites

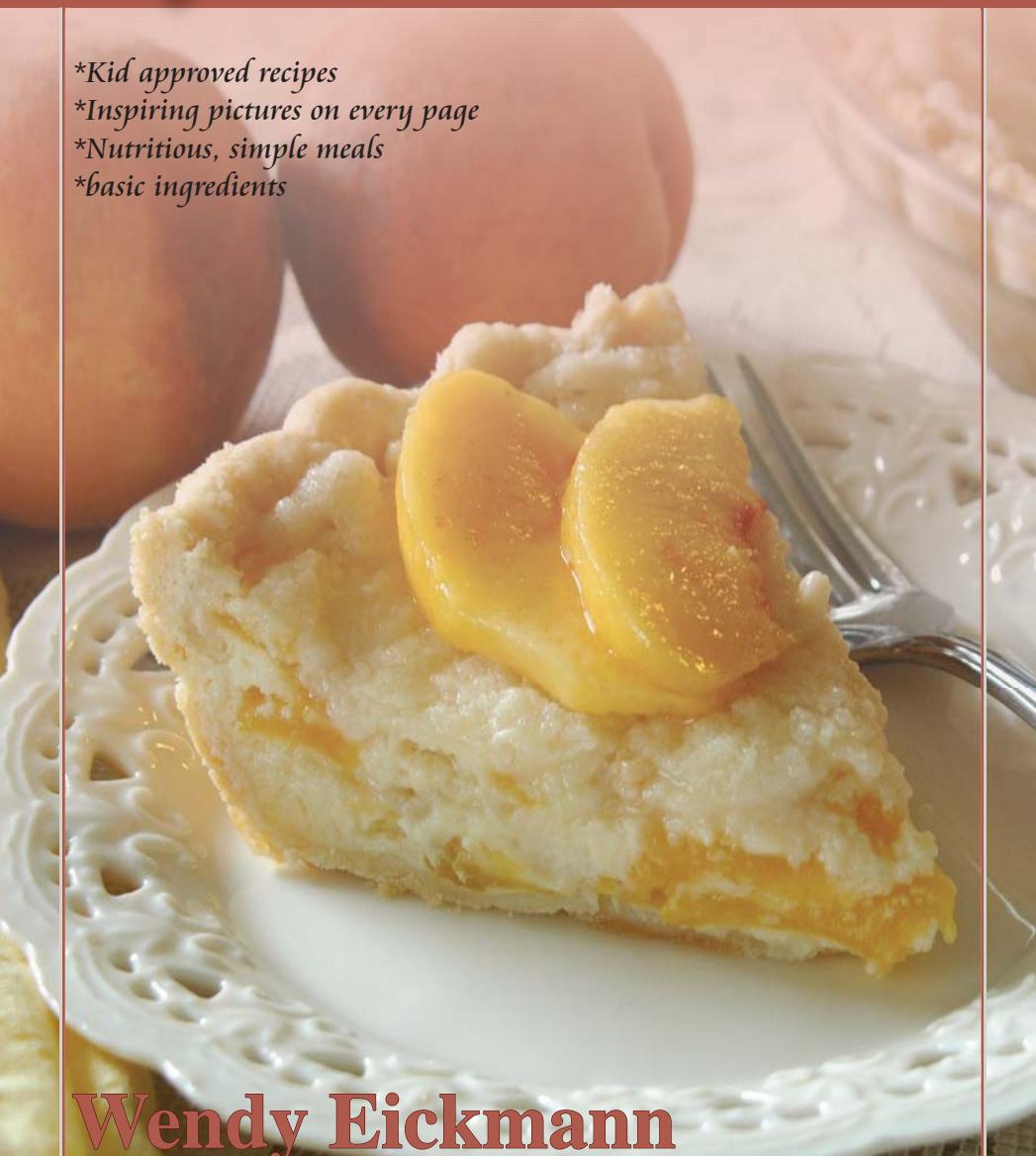
## *Vegetarian Cookbook*

*\*Kid approved recipes*

*\*Inspiring pictures on every page*

*\*Nutritious, simple meals*

*\*Basic ingredients*



**Wendy Eickmann**

This cookbook has evolved from keeping track of and collecting my family's favorite meals. Some recipes are derived from cookbooks, others are favorites that have been passed on from family and friends.

One Christmas, as a gift to my younger sisters, I decided to write down our family's best loved dishes. Before long, it was decided that adding pictures would be helpful. What started as a simple project turned into more of a production. Many evenings found my hungry family patiently waiting for their supper, which was the subject of my photo shoot.

Included in this book are a variety of recipes; most are nutritious, the basics for good every day meals. Others are delicacies which should be reserved for special occasions. Some are vegan; all are vegetarian.

Special thanks go to my husband, Steve, for his sup-



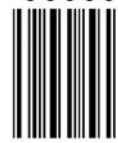
port and encouragement with this venture. His photography and computer skills were also in high demand. My kids deserve recognition as well. They have enthusiastically provided their opinions, the basis for *Family Favorites Vegetarian Cookbook*.

*Eickmann Family: Kelby, Wendy, Steve,  
Kendra and Nolan*

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