

A Buddhist Vegan Lifestyle Primer 一

素食生活 一

Breakfast:
nutritious and refreshing

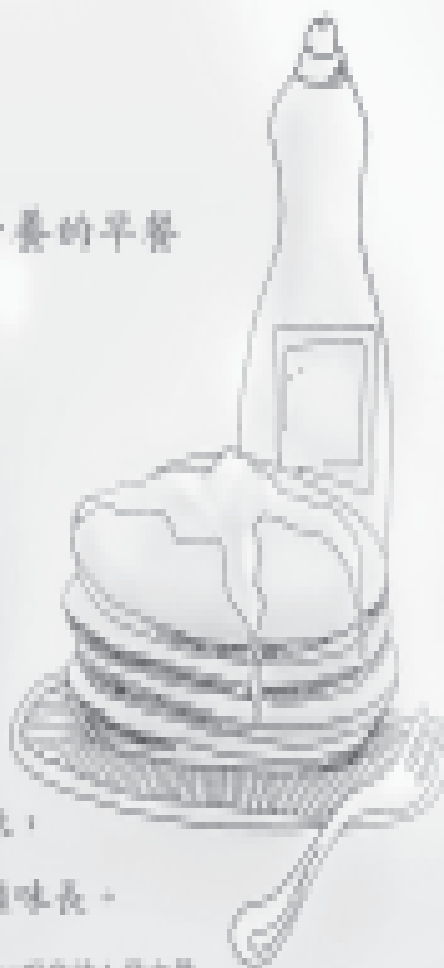
Don't say that simple flavors are bland.

Within that very simplicity lies infinite flavors!

—Zhong Fanyuan, Ming Dynasty



清爽又營養的早餐



異古淺薄少滋味，

淺薄之中滋味長。

—明代孫承澤小窗

