

Vegetarian Meatballs Marinara Recipe

Carol Bowen Ball

Vegetarian Meatballs Marinara Recipe:

Deliciously Sneaky: Hidden Veggie Recipes for the Whole Family! Patrick Owens, 2024-04-09 Who Is This Book For For Busy Parents Are you struggling to get your kids to eat their vegetables This book is for you Packed with delicious and creative recipes it s perfect for busy parents looking to sneak some extra nutrition into their family meals without the fuss For Health Conscious Individuals Are you trying to eat healthier but find it challenging to incorporate enough vegetables into your diet Look no further This book is filled with tasty recipes that make getting your daily dose of veggies a breeze For Picky Eaters Do you have picky eaters in your household who turn their noses up at anything green Fear not These hidden veggie recipes are cleverly crafted to appeal to even the most discerning palates ensuring that everyone at the table gets their fair share of nutrients For Cooking Enthusiasts Are you someone who loves to experiment in the kitchen and try new recipes You re in for a treat This book offers a wide range of innovative and mouthwatering dishes that will delight your taste buds and keep you coming back for more For Anyone Who Wants to Eat Better Whether you re aiming to improve your diet expand your culinary repertoire or simply enjoy delicious food that happens to be healthy this book is for you With recipes that are both nutritious and flavorful it s a must have for anyone looking to eat better and feel great Simple To Gourmet Vegan Peter Tarantelli, 2020-08-08 The only vegan cookbook you need Over 430 personal recipes Stromboli Tempura Strawberry Shortcake Indian Butter Tofu Homemade Perogies delicious salads Eggplant Parmesan Vodka Pasta Avocado Fries Tres Leches Pesto Stuffed Mushrooms Homemade Pizzas Breads Rolls Calzones Tomato Pie Homemade Gnocchi delicious sides entrees and desserts **200 Vegan Pizza Recipes to Make and Master** Christopher Lively, 2025-03-10 200 Vegan Pizza Recipes to Make and Master Increase Your Repertoire of Nutritious Vegan Pizza Recipes to More Optimally Feed Your Body in a Fun it's a strategic weapon for vegans Think about it pizza is the ultimate canvas to stack up every essential nutrient your body craves all while tasting absolutely incredible If you re not leveraging pizza as your go to nutrient delivery system you re missing out big time This book shows you how to load up on vitamins minerals and proteins in the most delicious way possible without ever feeling like you re sacrificing flavor or fun Here's the deal inside these pages you re getting an arsenal of over 400 recipes way more than the 200 in the title because I m over delivering to make sure you ve got everything you need We re talking 116 unique vegan pizza dough recipes from New York to Chicago to Italian styles so you can perfect the foundation of your masterpiece Then dive into 80 vegan pizza sauce recipes some from scratch some quick and easy so you ve got endless flavor combos at your fingertips And that s just the start You ll uncover vegan cheese replacements that ll blow your mind protein enhancers to keep you fueled and even 80 dessert pizza recipes for when you want to indulge without guilt But wait there s more this isn t just a recipe dump You re getting insider secrets on the best types of water for dough global pizza styles to expand your horizons and tips that ll turn you into a pizza making pro overnight From vegan California style to Indian inspired creations you ll have 200 different pizza styles from around the world to play with Plus beverage

pairings to elevate every bite This is the ultimate resource to keep you from falling into the trap of boring repetitive meals or junky convenience foods Here is a quick overview of what is in this powerful pizza vegan cookbook below You ll get a picture of an expanded view of the amazing world of pizza from around the world 21 New York Pizza Dough Recipes Traditional Vegan Versions 21 Additional Chicago Pizza Dough Recipes 22 Italian Pizza Dough Recipes 52 Creative Vegan Pizza Dough Recipes 116 dough recipes 60 Vegan Flat Crust Pizza Style Recipes 20 Vegan Pizza Sauce Recipes Using Canned Sauce 40 Vegan Pizza Sauce Recipes Made from Scratch No Cans 20 More Vegan Tomato Sauce Recipes Made From Scratch 80 Pizza sauce recipes Vegan Cheese Replacement Recipes A Birds Eye View of 200 Different Pizza Styles from Around the World Vegan Pizza Protein Enhancers Best Types of Water to Use in Making Your Pizza 80 Vegan Dessert Pizza Recipes 20 Full Vegan Veggie Assortment Pizza Recipes Beverage Pairings 20 Vegan Pizza Recipes with Vegan Meat Replacements Beverage Pairings 20 Vegan Pizza Recipes with Veggies Seeds Fruit and Nuts Combinations Plus Beverage Pairings 20 Vegan California Style Pizza Recipes 20 Vegan New York Style Pizza Recipes 20 Vegan Indian Style Pizza Recipes 20 Vegan Italian Style Pizza Recipes 20 Vegan Vietnamese Style Pizza Recipes 10 Vegan Dessert Pizza Recipes with Apples 10 Vegan Dessert Pizza Recipes with Pears 10 Vegan Dessert Pizza Recipes with Walnuts 20 Vegan Dessert Pizza Recipes with Berries 20 Random Creative Vegan Dessert Pizza Recipes 20 More Random Creative Vegan Dessert Pizza Recipes And 20 More Random Creative Vegan Dessert Pizza Recipes 410 Pizza recipes so that s a little more than 200 as my gift to you Plus there may be duplicate recipes here and there so extra recipes more than cover any duplicates Here s the bottom line your health your taste buds and your creativity deserve this book I ve packed it with everything you need to dominate vegan pizza making delivered in a no nonsense easy to reference format But don t wait it s easy to get distracted and forget about this absolute treasure trove of vegan pizza recipes Act now secure your copy of 200 Vegan Pizza Recipes to Make and Master and start crafting pizzas that ll make everyone at the table beg for seconds Your body and your cravings will thank you Let s do this grab it today and get cooking Christopher Lively Jazzy Vegetarian: Lively Vegan Cuisine That's Easy and Delicious Laura Theodore, 2023-02-22 This 10th anniversary edition release coincides with the tenth season public television premiere of the highly successful award winning Jazzy Vegetarian cooking series With over 120 recipes featuring 200 full color photos along with brand new recipes and many updated originals this book is a must have Viewers will be able to make their favorite meals from the new season highlighting healthy and delicious vegan recipes that are easy to prepare You ll find a full range of menu ideas for family meals and holiday celebrations with sumptuous photographs of preparatory steps and the finished dishes Laura's distinctive style infuses each page and every recipe therein This book is the perfect choice for anyone starting a plant based diet or for omnivores on the lookout for exciting new vegan options 275 Viral Vegan Recipes Robert Reese, 2025-06-22 The problem with viral recipes is that they live in the moment they pop off get shared a million times and then vanish into the noise of the next viral trend They re spread out across platforms each with its own way of organizing

content or not Your Instagram Saved folder is cluttered with 400 posts TikTok doesn t make it easy to categorize videos and YouTube s Watch Later list is an endless scroll of half watched chaos Even if you do manage to find the right video again good luck pausing it 12 times to jot down the ingredients because the creator posted the measurements only in the comments or flashed them on screen for two seconds That's exactly why this book exists It's a clean curated home for those hard to pin down must try vegan recipes that took over your feed Instead of trying to track them across five platforms they re all here condensed organized and written with real measurements clear instructions and no fluff This book saves you from the chaos of bookmarks the frustration of disappearing videos and the guilt of I meant to try that Whether you re looking for the ultimate vegan mousse no bake snacks or party ready appetizers you ll find the viral hits in one easy to use place no scrolling The Complete Meatball Cookbook Ellen Brown, 2014-05-27 The ultimate cookbook for preparing and cooking meatballs is now revised updated and expanded with full color photos throughout helping bring unrivaled variety and flavor to meatball dishes Originally published in 2009 the Meatball Cookbook Bible has since been the go to guide for meatball lovers and meat savvy chefs Now this exceptional collection is revised to focus on the best of the best the utmost variety of most loved meatball dishes accompanied by full color photos Recipes range from sauces soups and side dishes to main courses desserts and vegetarian and vegan meatballs The book even features meatballs that star in dishes from around the world including China Hungary and the Caribbean Transform your most basic meatball into an elegant hors doeuvre or BBQ style home delight with the tried and true recipes found here Vegan on the Cheap Robin Robertson, 2010-11-19 You can eat great meatless and dairy free meals every day and stay on your budget with these 150 recipes and smart money saving tips With Vegan on the Cheap you can enjoy delicious vegan meals every day of the week Robin Robertson an acclaimed authority on vegan cooking Publishers Weekly provides 150 mouth watering exciting recipes that cost just 50 cents to 2 per serving hefty savings to go with hearty vegan meals Find options for savory soups and stews satisfying salads hearty noodle dishes first class casseroles favorites for the slow cooker and meatless and dairy free recipes for classics like pizza burgers and sandwiches and a chapter for desserts to satisfy every sweet tooth Throughout the book smart tips and creative ideas help you save money by cooking in bulk prepping meals in advance and finding tasty ways to reuse leftovers Including recipes for delicious vegan meals like Walnut Dusted Fettuccine with Caramelized Vegetables and Fresh Pear Galette it also features cost per serving icons that highlight the cost of each affordable dish and even shows how you can make your own meat alternatives at a fraction of the cost of packaged proteins The Autoimmune Protocol Meal Prep Cookbook Sophie Van Tiggelen, 2019-10-22 The Autoimmune Protocol Meal Prep Cookbook helps you achieve long term AIP success with 10 weekly AIP compliant menus shopping lists for each week and step by step instructions for batch cooking a week s meals in one cooking session You ll also find keto low FODMAP squeaky clean Paleo and coconut free meal plans for those who are concurrently following those modifications Knowing which foods to eat and which foods to avoid on the

Autoimmune Protocol AIP is only half of the battle Making it happen day in day out with a busy schedule is a whole other ball game Even under the best of circumstances eating healthy can be difficult Add a dash of illness and it becomes very challenging The Autoimmune Protocol Meal Prep Cookbook helps you stick to AIP for good to achieve your health goals Say goodbye to last minute scrambling in the kitchen to find something edible that won t send you into an autoimmune flare Say hello to healthy and delicious AIP meals always available to eat at home at work or on the go Cooking for Kids - A Healthy Vegan Cookbook with 25 Recipes Kids Love Serena Day, 2020-05-14 It's hard satisfying children's cravings these days as they are increasingly exposed to fast food junk food unhealthy snacks and soft drinks An unhealthy diet is bad for the brain and places a lot of stress on the immune system Cooking and Kids A Healthy Vegan Cookbook with 25 Recipes Kids Love is loaded with delicious meals that kids go crazy for The recipes are also packed with nutrients and are completely vegan This is a fun way to experience veganism with your kids and it may even stick for life This book is the gateway to healthy wholesome kid approved meals which they can make along with you and with enough practice they can make them all on their own In this kids cookbook quite suitable for adults as well renowned author of Herbal Medicine for Everyone The beginner's guide to healing common illnesses with 20 Medicinal Herbs and 20 Amazing Lotion Bars How to Make Beautiful and Organic Lotion Bars With Ease Serena Day brings parents everything they need to win the hearts and minds of their kids with some of the most delicious meals ever imagined In addition they are recipes that the whole family can join along in making together Kids can become exceptional chefs they simply need your help in building confidence cooking You can use this guide with your kids to help them build the valuable skills they need to live a healthy and happy vegan lifestyle They will gain expertise as the recipes progress from easy to medium to hard With Cooking and Kids A Healthy Vegan Cookbook with 25 Recipes Kids Love you ll get A Vegan Mom s Guide to Fun and Healthy Meals for the Kids overviews the main issues around what it really means to be vegan and why vegan meals for kids can be just as fun as non vegan alternatives Ideas for Feeding a Vegan Child outlines some of the best ways to approach teaching our kids why eating as a vegan is so great It also discusses things like calories nutritional considerations and how kids can explain their diet to friends without getting made fun of 21 Kid Friendly Ideas and Recipes to Get Kids Loving Vegan Foods is packed full of loads of amazing ideas that really work when it comes to endearing kids to the appeal of a vegan diet and lifestyle 25 Recipes Kids Love for breakfast treats like Blueberry Blast Banana Bread healthy snacks like Smashed Silly Face Guacamole family dinners like Lasagna Rollups and yummy desserts like Peanut Butter Surprise Brownies Watch and be amazed as we drive our kids crazy with some delicious new meals that are incredibly healthy fun and exciting It s also time to work with our kids and teach them how to become skilled and talented chefs in the kitchen using the fun and delicious recipes from Cooking and Kids A Healthy Vegan Cookbook with 25 Recipes Kids Love Body After Baby Jackie Keller, 2006-05-04 Nutrition expert Jackie Keller explains that women s bodies are designed naturally to drop pounds in the thirty days after childbirth With this in mind she developed

a thirty day nutrition and workout program composed of easy prep meals and gentle daily workouts that take ten minutes or less to complete The Body After Baby plan provides Meal plans and more than one hundred delicious recipes rich in the nutrients new moms need Helpful weekly shopping lists and label reading tips Nonvegetarian and vegetarian meal options for both breast feeding and bottle feeding moms and fun movements that mom and baby can do together Jackie Keller s unique doctor approved program has helped some of the most famous celebrities in Hollywood shed their baby weight Now women everywhere can follow her plan and not only learn how to lose weight but also how to create a healthy lifestyle for their families The Vegan Week Gena Hamshaw, 2022-12-27 Prepare for your week with this smart practical and delicious guide to vegan meal planning from the Full Helping blogger Gena Hamshaw author of Power Plates Gena Hamshaw takes the perfection out of meal planning making fresh cozy plant based meals accessible no matter what your week might look like Kristen Miglore author of Food52 Genius Recipes Home cooking can be a challenge when life gets busy Meal prep is the fix for having flavorful nourishing meals to rely upon all week long Gena a longtime vegan with a demanding schedule prioritizes nutritional balance as well as taste in this hands on meatless primer The Vegan Week will teach you how to batch cook varied colorful and comforting meals over the weekend whether you have three two or even just one hour of time to spare Discover new plant based favorites like Tangy Cashew Lime Noodle Bowls and Stuffed Sweet Potatoes with Coconut Greens as well as classics like Pasta e Ceci and Seitan Goulash Gena will help you to use your time in the kitchen effectively so that you create and store filling flavor forward recipes recipes that you ll look forward to as the week goes by This book is a roadmap to eating vegan food regularly incorporating it into daily life even when things are hectic Thanks to meal prep techniques and recipes you won t have to choose between the demands of your schedule and your desire to prioritize taste nutrition and the joy of eating homemade food Eating To Live - My Vegan Journey Balanda Wells Lipscomb, 2018-10-11 This beginner vegan cookbook was written for all of those who are looking to eat healthier without meat being in your diets It's hard at first but you can do it just take it one day at a time Belly fat cure 160 recipes cookbook with workouts Josh Gruen, LOOSE YOUR BELLY FAT RESULT IN 14 DAYS A person whose weight is proportionate to his age and height may still have excess abdominal fat stored in his body tissues The only solution to visceral fat reduction and hence good health is proper diet and regular exercise TURN FAT IN TO TONED MUSCLES Physical exercises each and every day helps people to maintain a prominent waist line and stiff muscles On the whole by doing these exercises we induce more metabolic cycles in our body to burn more calories than what we eat each and every day The metabolic cycles near the belly region can be increased by doing belly fat reduction exercises There are 19 exercise specially targeting belly region along with 160 delicious recipes to achieve your target All the recipe also include nutritional facts like so that you can be restrictive without compromising on Meatball Cookbook Bible Ellen Brown, 2013-08-06 Here is the definitive cookbook for preparing and taste and health cooking meatballs This is the ultimate collection which includes the classic Italian meatball Swedish meatballs gourmet

meatballs and even vegetarian meatballs Chloe's Vegan Italian Kitchen Chloe Coscarelli, 2014-09-23 Popular vegan chef and winner of the Food Network's Cupcake Wars Chloe Coscarelli digs into her Italian roots to create more than 150 recipes inspired by the most popular cuisine in the world If you think a healthy vegan diet means giving up pasta in creamy sauce cheesy pizza and luscious tiramisu think again Following her hit cookbooks Chloe's Kitchen and Chloe's Vegan Desserts Chef Chloe goes to her family s homeland to veganize its time honored delicacies and add some distinctively delicious twists Sumptuous mains like Butternut Ravioli with Brown Sugar and Crispy Sage and Red Wine Seitan on Ciabatta let you show off your kitchen skills and her inventive pizza creations include Crumbled Sausage and Mozzarella Pizza as well as Butternut Squash Caramelized Onion and Apple Pizza And vegans can once again enjoy comfort favorites with Chloe's Potato Gnocchi Lasagna Bolognese and Eggplant Parmesan Known for her surprising twists on favorite desserts Chloe's got your classics covered with Chocolate Dipped Almond Biscotti and Italian Wedding Cake and she turns up the dial with new delights like Mint Chip Gelato Sandwiches Banana Coffee Cupcakes and Pomegranate Mint Italian Soda sure to win over omnivores vegetarians and vegans alike Chloe also includes directions for making her recipes allergy and gluten free so that you can feast on all your favorite foods no matter your diet With fresh vegan takes on classic Italian cuisine illustrated by gorgeous full color photographs throughout and her bright and lively personality on every page Chloe takes you on a The Bariatric Bible Carol Bowen delectable trip to Italy one you ll want to go on again and again Buon appetito Ball,2019-07-19 After Carol Bowen Ball underwent bariatric surgery she found there was very little practical information for weight loss surgery patients and as a result she wrote the first and to date only UK bariatric advice and cookery book Return to Slender At the same time she launched BariatricCookery com a website to support the same patients A year later she wrote a seguel Return 2 Slender Second Helpings Both books have been widely praised by the professional bariatric community as well as pre op and post op patients The recipes in The Bariatric Bible are designed and developed to help at every stage after weight loss surgery They are colour coded to suit the 3 main stages afterwards These are the Red or 1st Fluids Stage the Amber or 2nd Soft Pur ed Stage the Green or 3rd Eating for Life Stage They will have a nutritional analysis breakdown This includes measured calories protein carbohydrate and fat levels Recipes are also further coded for suitability for freezing and for vegetarian eating A new bariatric lifestyle however isn t just about food it is also about exercise changes in behaviour and relationships adhering to essential medications coping with unsettling situations that can de rail the best of intentions dealing with social situations like eating out finding new ideas for a changing body through fashion and beauty advice and making new healthier habits to replace old destructive ones As a result the book will be the most comprehensive book of any currently on the market It also covers the types of surgery on offer and highlights the many diets that are required prior to surgery sometimes to lose weight as part of the qualification process However its main focus on advice and recipes for after surgery to help the post op patient maximise their best chance of long term success with weight loss and

Veganize This! Jenn Shagrin, 2011-04-21 Veganize This shows herbivores and carnivores alike how to turn better health the delicious dishes from their previous butter and beef filled lives into tasty vegan creations that go well beyond the sprouts and groats fare often still associated with veganism For the gastronomist Chef Jenn's creations include Jumbo Lump Jack Fruit Crab Cakes with Spanish Garlic Mayonnaise and Quattro Formaggio White Truffle Macaroni and Cheese Craving something a little more down home and comforting Check out the recipes for DIY Vegan Doritos and Chicken Fried Tofu Steak With tips and tricks throughout from making your own mock meats to killer dairy substitutes Veganize This is also accompanied by a healthy side dish of sass Shagrin's comedienne by day humor makes this a read that s satisfying for the funny bone as well as the belly Epic Vegan Dustin Harder, 2019-07-09 Not Your Granny's Home Cookin Epic Vegan offers a step by step guide to creating timeless comfort foods that are over the top delicious and always plant based Think classic and nostalgic yet messy juicy and Instagram worthy at the same time Are you into playing with your food Epic Vegan does just that encouraging home cooks to think outside of the box Author Dustin Harder host and creator of the original vegan travel culinary series The Vegan Roadie is your culinary coordinator for the adventure ahead sharing recipes that everyone from beginner cooks to experienced chefs can create at home How does it work Recipes are built from the ground up so you can stop at just the biscuit or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust the choice is yours Also included are recreations of fast food classics like Norito's Los Tacos and Cray Cray Bread you know you can t resist Every creation is a flavor sensation guaranteed to wow your friends and your taste buds The level of indulgence is up to you to decide What does an Epic Vegan recipe sound like Here are just a few examples Festive Cheesy Spinach Bread Savory Cheddar Fondu Waffle Bowl Monte Cristo Rolls Crab Rangoon Pizza Double Stacked Cookie Dough Cake Bacon Macaroni and Cheese Blue Burger Hushpuppy Phish Filet Sandwich Pumpkin Cream Cheese Latte Shake Cheesesteak Baked Potato Bowl Fried Chicken n Waffle Benedict Sandwich Stuffed Crust Meatball Parm Pizza Almost Famous Buffalo Chicken Lasagna Churro Cup Sundaes Epic Vegan offers a choose your own adventure approach for you to become a kitchen warrior in your own home your own way Playing with your food has never been more fun or more epic A Couple Cooks Sonja Overhiser, Alex Overhiser, 2024-10-15 Sonja and Alex Overhiser of the popular food blog A Couple Cooks share their lifehacks for a strong partnership Their top secret Cooking together Whether it s a weeknight dinner or a homespun candlelit date night somebody has to get dinner on the table And what if that task was something you could do in tandem with someone you feel close to making the work more pleasurable and spending quality time together Enter A Couple Cooks your guide to making this dream a reality With over 100 recipes for all occasions from everyday dinners and large gatherings to intimate dinners for two this book is designed to make meal planning and prep a stress free and enjoyable experience With designated roles for each partner each recipe is crafted to be made lovingly by two Having friends over for a weekend dinner Have your sous chef put out Whipped Ricotta Crostini with Hot Honey while you re prepping the Smoky Spinach and Artichoke Lasagna

Craving a sweet pick me up at the end of a long week Prep the dry ingredients while your partner preps the wet ingredients and chow down on hard earned Brown Butter Miso Chocolate Chip Cookie Bars together Brimming with vibrant photography A Couple Cooks includes tips and tricks for hosting upping the romance in the home table setting and styling and enhancing your home bar cart Much more than your average weeknight cookbook this is an inspiring and hardworking guide on how to make the most of the quotidian moments that make up our days by relishing time spent together working as a team COOKING GIFT FOR TWO From weddings and engagements to hostess gifts and more A Couple Cooks fits the bill for a variety of life events with a gifting moment Pair with a bottle of wine or fun aprons and you have the perfect housewarming present for any couple INCLUSIVE MEAL PREP COOKBOOK Couples cookbooks have long been overdue for a refresh that includes all types of couples Whether newlyweds freshly engaged together for a century couples cohabitators or platonic life partners A Couple Cooks is designed for all sorts of pairs looking to harmoniously divvy up jobs in the kitchen EXPERT HUSBAND WIFE TEAM Sonja and Alex collaborate as cookbook authors recipe developers cocktail experts and parents Their award winning food blog A Couple Cooks inspired by their shift from processed foods to cooking at home from scratch offers thousands of original recipes cooking tips and meal planning ideas to make home cooking easy This beautiful giftable book brings together 100 of their star recipes with the warm and wise guidance that has made their blog one of America's most popular recipe websites Perfect for Partnerships of all kinds including marriages life partnerships long term or new coupledom and roommates Parents with busy schedules looking to get dinner on the table in a snap Couple gift for newlyweds or the recently engaged Fans of healthy vegetable forward cooking seeking lots of vegetarian vegan and gluten free options Followers of A Couple Cooks blog or such popular cookbook authors as Joanna Gaines Erin French and Erin Clarke The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised Pamela Compart, Dana Laake, 2012-04 Describes the elimination diet for autism and attention deficit hyperactivity disorder a regimen of eating and drinking that focuses on the elimination of gluten and casein and features recipes background information on autism and ADHD and tips on starting and maintaining healthy eating habits for the entire family

Adopting the Beat of Term: An Mental Symphony within Vegetarian Meatballs Marinara Recipe

In a global eaten by screens and the ceaseless chatter of fast transmission, the melodic beauty and psychological symphony created by the published word usually diminish into the background, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, located within the pages of **Vegetarian Meatballs Marinara Recipe** an enchanting fictional value full of raw emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that interesting masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the touching examination, we can discover the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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Vegetarian Meatballs Marinara Recipe Introduction

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