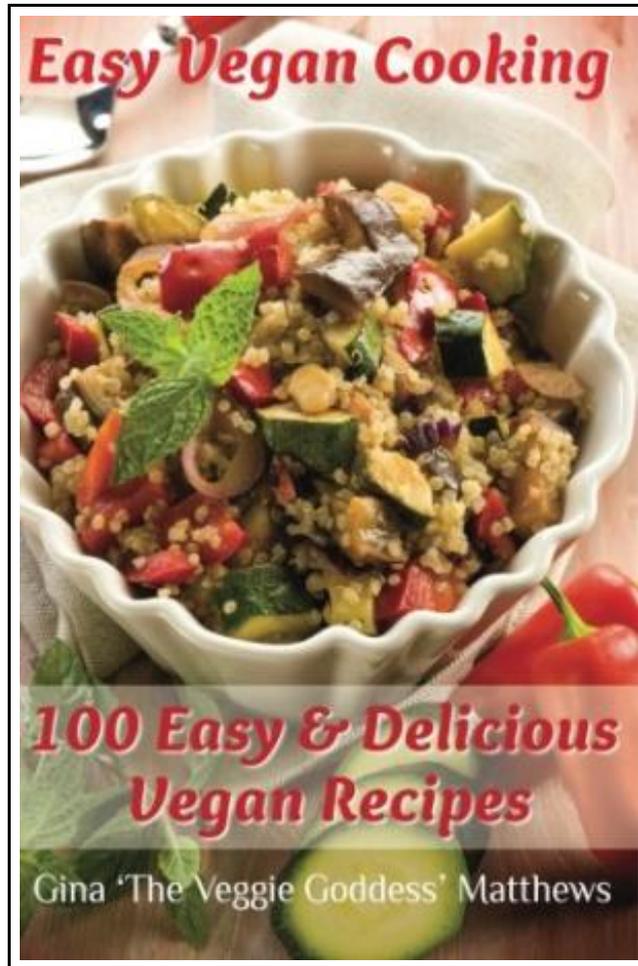


# Easy Vegan Cooking 100 Easy Delicious Vegan Recipes Natural Foods - Vegetables and Vegetarian - Special Diet Volume 1



Filesize: 5.25 MB

## ***Reviews***

*This created book is wonderful. This is for all those who statte that there was not a worth reading. Your way of life span will likely be enhance as soon as you comprehensive looking at this publication. (Jesse Yundt)*

## **EASY VEGAN COOKING 100 EASY DELICIOUS VEGAN RECIPES NATURAL FOODS - VEGETABLES AND VEGETARIAN - SPECIAL DIET VOLUME 1**

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 166 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. In this easy vegan cooking cookbook, all the recipes are certified 100 cruelty-free. That means they contain no animal products, and no animal by-products. All of these vegan recipes are free of any meat, poultry, fish, seafood, dairy products, and honey. This expansive vegan cookbook is filled with delicious vegan recipes that include nutritious beans, grains, non-dairy and non-meat substitutes, and of course, lots of veggies. For those who are already following a vegetarian diet and are looking to transition into a vegan diet, this vegan cookbook will ease that transition and show you just how easy it is to cook delicious vegan recipes from scratch. With a vegan diet, you'll almost effortlessly be consuming your daily requirement of nutrients, including vitamins, minerals, antioxidants and amino acids. And, unlike synthetic, lab-made vitamins, your body is able to fully absorb and assimilate the vitamins, and other nutrients you consume through a vegan diet. You'll also be drastically reducing your saturated fat consumption, while at the same time significantly increasing your intake of healthy dietary fiber. The carbohydrates that you take in on a vegan diet will be of the healthy kind, and not the processed, trans-fat versions. A vegan diet also provides plenty of healthy protein from beans, legumes, soy products, nuts, seeds, vegetables, quinoa and other grains. It is literally almost impossible to not get enough protein on a vegan diet, so rest assured you won't be shriveling away. In fact, the only thing that will be shriveling away is unwanted fat, cellulite, and unwanted physical and emotional health imbalances. Here's what you'll find inside Easy Vegan Cooking: 100 Easy and Delicious Vegan Recipes Chapter 1- Vegan Appetizer...

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