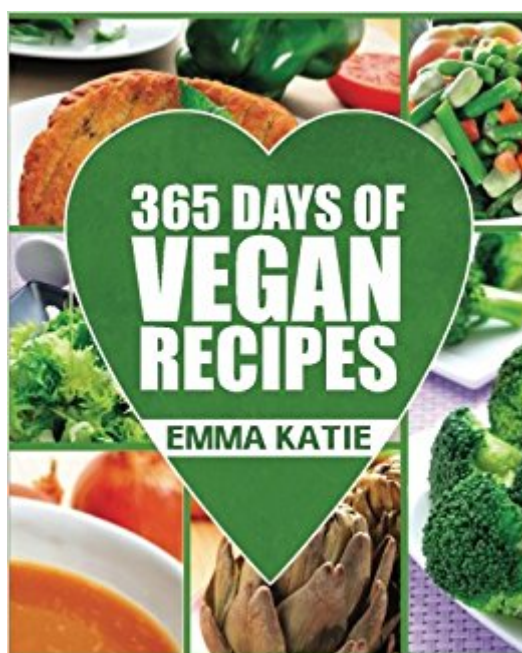


The book was found

Vegan: 365 Days Of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook)



Synopsis

VeganTODAY SPECIAL PRICE - 365 Days of Vegan Recipes (Limited Time Offer) is an e-book that fuels healthy eating and raw, natural ingredients into your everyday life. As you strip unnecessary animal fats and sluggish ingredients from your diet, you can begin to learn to live like the best version of yourself. This book is perfect for people looking for vibrant vitamins and nutrients. We walk you through the step-by-step ways in which you can create your own non-animal protein sources: from tempeh to seitan to tofu. Furthermore, we lend you 365 recipes to brighten your nutritional lifestyle. In Vegan 365 Healthy Recipes, the author provides just that: 365 healthy recipes for people who are searching for a healthier life. Vegan offers several advantages: The vegan lifestyle yields essential benefits to your heart, your brain, your waistline, and your overall wellness. The vegan lifestyle provides you with all the amino acids, nutrients, and vitamins your body requires to operate well. Eliminating saturated fats from your diet can reduce your high blood pressure and help you avoid future bouts of illness. You can avoid future struggles with colon cancer with your enhanced intake of fiber. You can fuel yourself with necessary potassium, which helps to keep your cell balance in check and keep you free of toxins and diseases. This book provides mouth-watering recipes like: Spinach Vegan Puff-Pastry Strudel, Very Vegan Crunchy Chile Nachos, Groovy Indian Samosas. As well as hundreds of other vegan recipes that will enrich your lifestyle, keep you satisfied, and provide essential flavor. Help yourself lose weight. Fuel yourself with nutrients, with antioxidants, and with folate. Avoid future disease, and bring richness to your kitchen endeavors. After all: you aren't boring, you wouldn't allow your diet to be, either. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering vegan recipes.

Book Information

Paperback: 214 pages

Publisher: CreateSpace Independent Publishing Platform (November 17, 2016)

Language: English

ISBN-10: 1539581233

ISBN-13: 978-1539581239

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 45 customer reviews

Best Sellers Rank: #293,795 in Books (See Top 100 in Books) #46 in Books > Cookbooks,

Food & Wine > Kitchen Appliances > Cast Iron #86 in [Books > Cookbooks, Food & Wine > Baking > Pastry #367 in \[Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables\]\(#\)](#)

Customer Reviews

Great easy to follow recipes!

Great recipes

Simple, healthy must

It is hard enough to go vegan and give up some of your favorite foods, especially cheese, but knowing what is a main dish what is a side dish etc. Having so many recipes makes life easier. I love the fact that it gives you a recipe for seitan that doesn't involve special flour or anything. I can't get seitan or the seitan flour where I live without going online.

Smooth transaction and prompt delivery - thank you

another gift for daughter. likes this one too.

Excellent and great recipes. There are so many different things to try.

Awesome recipes, definitely a go to cookbook!

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