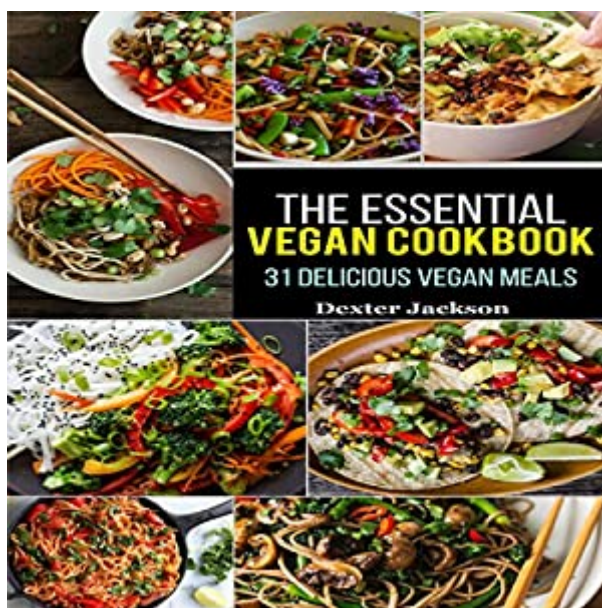


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# The Essential Vegan Cookbook: 31 Delicious Vegan Meals To Serve Your Family & Friends



## Synopsis

Begin your vegan lifestyle today! The Essential Vegan Cookbook: 31 Delicious Vegan Meals contains a mixture of so many tasty recipes you will not know which one to try first. Each of the recipes provided gives you essential information to make the meal nutritious for your family and friends. Working so many different styles of cooking while on a vegan diet can become hectic, but these 31 days of recipes will set you on a path which you will want to continue for years to come. You will want to use these over and over again, from the avocado and smashed bean club sandwich to the Marsala-tofu cutlets. You won't be disappointed. Also includes: Green chile mac 'n' cheese - vegan-style of course Vegan slow-cooker lasagna Veggie pesto pizza Vegan corn dogs Spicy Thai roasted sweet potatoes over rice with peanut sauce And of course many more! The preparation methods are discussed fully, so each of the tempting meals you prepare will maintain the same consistent nourishment and tasty temptations as they did the first time you tested the meal plan. Also provided is a list of the essentials you will need to remove meat from your diet plan. With all of the healthy benefits you receive, a vegan style of eating is gaining popularity. Why not join the league of satisfied customers and try some of these decadent recipes for yourself?

## Book Information

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#172 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #295 in Books  
> Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

This is a great cookbook on Vegan. All of the things and recipes that I need to know about Vegan are already included and well-illustrated inside. Dexter Jackson has done an incredible awesome job in compiling and creating this book of Vegan. Also the unique part of this book is the compilations

of the 31 Vegan Recipes. Very healthy, delicious and easy to prepare. This book is really a great resource for those who want to know more about vegan. The book is worthy of attention! I highly recommend this book to all. With that, I'd like to give this book a Very High and Amazing 5-Star.

A very interesting recipe book...most people think you have to eat meat to be healthy...but this book shows that is false. There are plenty of good recipes in this book that I will try out. Dexter Jackson does a great job going step by step in the process to make sure you come out with a delicious meal.

Perfect delicious recipes for vegans for every day of 1 month. I just start cook it at home and like it very much. Squash-Peanut Stew was amazing for yesterday's dinner.

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