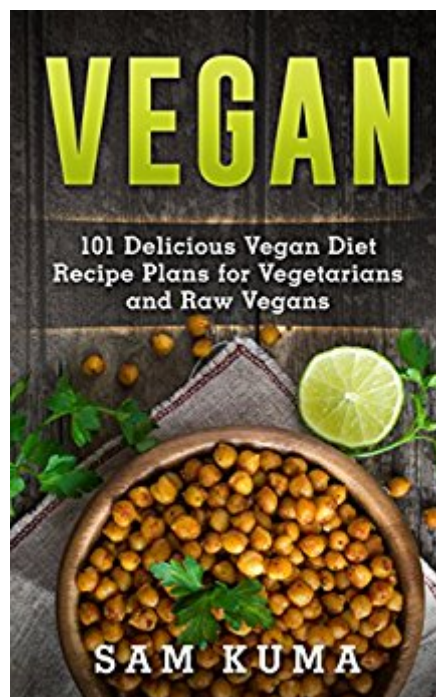


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# Vegan: 101 Quick-Fire, Dairy Free And Low Carb Vegan Diet Recipes (Vegan Cookbook Of Recipes That Are Low Carb, Dairy Free, Slow Cooker, Crockpot And Cast Iron)



## Synopsis

Your Ultimate Guide to Quick Vegan Recipes Read this vegan cookbook now on your PC, mac, smart phone, tablet, kindle device or paperback. This book provides a practical guide to adopting a vegan lifestyle. If you are thinking about eating a vegan diet, you are probably worried about the time commitment and the lack of choices. Then let this quick vegan cookbook awaken your mind. This vegan cookbook has a long list of recipes that can be done within 20 minutes. It has a list of vegan recipes that are classified by type: appetizers, snacks, sauces, desserts, beverages etc. Yes, you can live your entire life with vegan recipes. It's not just about salads; it can be about vegan cheese, vegan ice-cream, vegan burgers etc. Highlights of this book: How a vegan diet improves your long term health and benefits the eco-system Vegan Stir-Fries Vegan Smoothies Vegan Sauces Vegan Pasta Vegan Burgers and Sandwiches Vegan Soups Vegan Appetizers Vegan Stir-Fries Vegan Salads Vegan Beverages Vegan Deserts What's Special What differentiates this vegan cookbook from other vegan books is it lets you get from the kitchen to the table in under twenty minutes. Most similar vegan books focus on certain areas of vegan diets (vegan pressure cooker, slow cooker etc.), this book discusses all types of foods with a focus on ensuring that no time is wasted in the kitchen. 101 Vegan Recipes • also wants to make sure you understand just how much of a difference a vegan diet makes to the planet and to your health. No matter which of the vegan books / quick vegan recipe books you choose, I would be glad to have you healthy and save the environment by adopting a vegan diet plan. What's Special I love these recipes! Just to name a few of my favorites: Roasted Jalapenos and Lime Rice, Coconut and Strawberry Ice Cream, Peach Pudding and Berry Swirl. Niceness! Awesome! You can't tell me you need meat to make a good dish. Tags: vegan cookbook, vegan books, vegan recipes, vegan diet, vegan diet plan, quick vegan recipes, quick vegan Scroll up and grab a copy today.

## Book Information

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## Customer Reviews

This is a very good book for vegans and non-vegans because it contains 101 creative very tasty and healthy recipes that can be put together in less than twenty minutes. The foods look good and will impress guests. Kumer includes all kinds of delicious smoothies that people can drink for breakfast or anytime, such as caramel spice smoothies. There are many snacks, such as coconut lemon chia bars. And many appetizers, like Mediterranean spiced chickpeas. And numerous pastas, like cashew and cauliflower alfredo. And lots of burgers, including black bean burger with tomato salsa. And a host of stews, like shepherdâ™s stew. And a wide assortment of: sensational stir fries. And a load of: Snappy salads. Delicious sauces. Yummy extras. Tasty beverages. Creative deserts. People using the book on kindle can use the pointer very easily to go to any recipe the person wants to see.

I loove this book so far! My family does not eat any refined sugars. This book is helping us with that! The recipes are simple and easy to use. MY biggest problem with finally going full healthy vegan was that I couldn't think of new exciting recipes! This book has helped me do exactly that! I can't express to you how much I love this recipe book. I am in love with it. #veganrecipes #veganiseasy #vegan4thewin My first day with the book we have accomplished a very happy husband and two little boys. I did receive this recipe book at a discount for my honest review.

What I like This was an interesting book. It was fairly easy to find a recipe that looked good, and was easy to make. The instructions weren't overly complex neither were the recipes themselves. What I didn't like Some of the ingredients such as dairy free cream cheese which has been listed, is a bit tough to find in smaller towns, but that doesn't mean that it can't be replaced by something else. My experience: As a vegetarian, I hardly ever find a good cook book with

actual recipes in that are easy to make. This book is a bit different it has recipes, and it has ideas on things to cook. It has everything from smoothies to soups to dips and meal ideas. All of which are fairly easy to make and none of the products are extremely difficult to find, except for a few exceptions. I received this product in exchange for my honest and unbiased opinion

This is a great recipe book. I have it on my kindle so that when I travel to visit my family, who are not vegan, I will have my own recipes to make without having to cart around a bunch of recipe books or print outs. My family really enjoys the vegan meals I prepare so this will be a blessing to introduce them to new things. There are plenty of recipes and different categories to choose from, so you should never get bored. The introduction to the book is very informative, especially if you are thinking about going vegan and haven't decided yet. Even if you don't care to be vegan, the recipes in this book will help you to have a meatless day of eating if that's what you want. I know a lot of non vegans who love to eat my vegan dishes. This book has everything drinks to desserts in it and plenty of easy to follow recipes to get them done quickly. I did receive this book for free for my honest and unbiased review, but even if you had to pay for it, it is a great deal

Not just for vegans, this cookbook is filled with a variety of interesting recipes - covering all the different courses from smoothies to desserts and even drinks (some with alcohol) - that can be made in under 20 minutes. For busy people, on-the-go, that don't have a lot of time to spend cooking, this is a great cookbook to keep in your cookbook arsenal. I love how all the recipes have easy-to-find, simple ingredients that can be bought at any grocery store or farmer's market. I've been vegan for about 8 years now (my cookbook arsenal is pretty stocked) and my one issue with some vegan cookbooks is that they use specialty ingredients that most people have never heard of, have no idea where to even buy them and are usually more expensive. Some of my favorites? Super Banana Bread Smoothie, Chocolate Cookie Dough Bonanza, Spring Pea Guacamole, Mushroom Walnut Burger, Orange Tofu and Sesame Stir Fry, secret Hot Sauce. Cranberry Pear Relish, Pineapple and Min Sorbet and Banana Blondies. If there was once change I'd make to the book, it would be to add more breakfast recipes. While smoothies are great, not everyone likes smoothies for breakfast. Fortunately, there were a couple of things in the "Snack Attack" category that you could make for breakfast such as Chocolate Oat Squares and Coconut Lemon Bars. Disclosure: I received this book at a discounted rate in exchange for my honest review. I only review items that I need / use and will always give my honest opinion of the product.

Overall, this book has a lot of recipes. I like how the recipes are highlighted in categories such as breakfasts, snacks, burgers, sauces, etc. The list of ingredients and instructions are both pretty clear and easy to follow. I also like how it tells you how long the prep time is, the total time, and how many servings it makes. Its always helpful to know how many servings you will be making with a recipe. The only negative is that there is no pictures. I would have really liked to see some tasty looking pictures for me to compare my dishes to and see how they should come out! But overall, most of the recipes in this book are healthy and all are vegan!

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