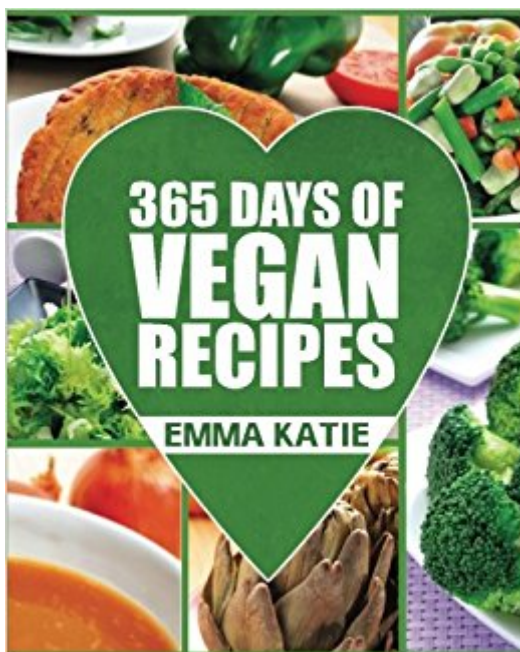


The book was found

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!

[Download to continue reading...](#)

Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for

beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Air Fryer Cookbook: 365 Days of Air Fryer Cookbook - 365 Healthy, Quick and Easy Recipes to Fry, Bake, Grill, and Roast with Air Fryer (Everything Complete Air Fryer Book, Vegan, Paleo, Pot, Meals) Crafting: 365 Days of Crafting: 365 Crafting Patterns for 365 Days (Crafting Books, Crafts, DIY Crafts, Hobbies and Crafts, How to Craft Projects, Handmade, Holiday Christmas Crafting Ideas) Crochet: 365 Days of Crochet: 365 Crochet Patterns for 365 Days (Crochet, Crochet Patterns, DIY Crochet, Crochet Books, Crochet for Beginners, Crochet Afghans, Crochet Christmas, Holiday Crochet) Knitting: 365 Days of Knitting: 365 Knitting Patterns for 365 Days (Knitting, Knitting Patterns, DIY Knitting, Knitting Books, Knitting for Beginners, Knitting Stitches, Knitting Magazines, Crochet) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Eatin' Vegan- 500 Ways for 365 Days: Vegan Cookbook Chock-Full of Recipes For Everyday Meals Vegan: The Essential Vegan Diet Cookbook That Includes Delicious Slow Cooker Recipes (Dairy Free - How to Live Better by Eating Healthy Everyday 365 Days A Year) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help