



Vegan Diet Cookbook: Tasty Vegan Recipes, Great for the Vegetarian Diet

Linda Stonefield

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Vegan Diet Cookbook: Tasty Vegan Recipes, Great for the Vegetarian Diet For those on the strict vegan diet it is difficult at times to find the right vegan diet recipes that are truly animal free. Being a vegan is the strictest of all vegetarians, meaning the only foods consumed are plant-based. Vegans even forgo dairy and eggs. Vegan diet books are important among this group, in helping to keep on their diets and in finding good recipes to keep them on away from animal-based foods. This vegan diet book contains recipes that are strictly for vegan diets. A word of caution, not all vegan diet food is animal-free. Never assume this, always read the ingredient list when purchasing prepared foods like breads, cereals and other similar foods. The vegan diet recipe will call for only wholesome plant-based ingredients and foods that are soy-based used for dairy and egg substitute. This is the best diet cookbook for an easy vegan diet. Recipes include foods for breakfast, lunch, supper, snacks and desserts. Many of the recipes on the veganism diet are easily altered to your own tastes, substitute ingredients for others; try out different flavors and combinations. Cut the recipe in half to make less, or double it to make more. This vegan diet cookbook contains recipes for vegan burgers, pizza, tacos. There are soup and salad recipes that will go great as standalone meals or as good additions to larger meals. Vegan diets are highly nutritious using the best foods nature offers in the form of delicious vegetables and fruits and herbs and grains. These foods are high in vitamins and minerals, giving the body all the carbohydrates, fiber, and even protein needed to have a healthy immune system. Even when cooking from conventional recipes, there are substitutes for all the animal-based ingredients easily found in health food stores these days.

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Michael Bennett:

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Christine Emmons:

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are still up-date. Let's try to choose appropriate ways for you.

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