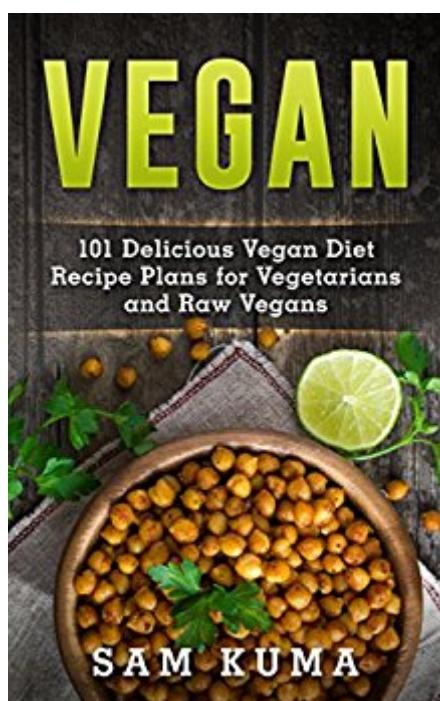


The book was found

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 RecipesRead 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-systemVegan Stir-Fries Vegan Smoothies Vegan Sauces Vegan Pasta Vegan Burgers and Sandwiches Vegan Soups Vegan Appetizers Vegan Stir-Fries Vegan Salads Vegan Beverages Vegan DesertsWhat's SpecialWhat 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 SpecialI 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

File Size: 2964 KB

Print Length: 131 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 19, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01HBSS64A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #90,974 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture > Garden Design #21 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #24 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

Customer Reviews

Another 5 star Vegan cookbook by Sam Kuma. I love how healthy, simple and delicious these recipes are. There are over 100 recipes to include breakfast, smoothies, appetizers, snacks, pasta, burgers, sandwiches, soups, salads, stir fries, sauces, beverages and deserts. I made the 3 bean taco salad pictured below. It was a terrific mix and tasted great. Myself, daughter, and two of my friends all rated it a 5 star dinner. It seems like every time I make a recipe from one of Sam's cookbooks, I make it more than once immediately even though there are plenty of other delicious looking recipes in the books. This meal did not take very long to prep or make, like many of the recipes in the book, plus it's healthy and vegan. I highly recommend this cookbook for vegans and non-vegans. "I received this product at a reduced rate." #veganlifestyleVegan: 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)

Bored with your veggies and fruits, beans and rice? Not anymore with this great cookbook by Sam Kuma. Inside are easy and concise recipes designed to tempt your taste buds and let you enjoy eating again. From smoothies to desserts to main meals, you will be able to put together great meals for your entire family. And they will like them. I'm making the Super Banana Bread Smoothie in the morning and I can't wait. I love smoothies in the morning and it will only take 5 minutes to prep, 5 minutes to blend and it's just for me! I don't use soy products and switch out the coconut milk for almond milk and it doesn't compromise the flavor or taste of the recipe. This cookbook helps to show you how to eat right to have a healthy body and lifestyle. Food can help to heal your body of disease and illness without eating meats or dairy. I received this product at a discount. The opinion expressed is entirely my own.

What I likeThis 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 likeSome 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

packed with wonderful recipes! I am amazed what things you can eat vegan with out the meat and diary in it. like Mac & cheese or the Moroccan veggie burger very glad I got this book to add to my vegan cook book collection!

I received the book in exchange for an honest and unbiased review. I was definitely blown away by the amount of recipes here that are low in carbs. Being on a Vegan diet is much more than not eating animal products. There are so many ways to be a vegan and keep intaking lots of unhealthy food. This book is really amazing, offering recipes that are really simple to make and, more importantly, really healthy and tasty. I will definitely keep it around!

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 #veganiseeasy #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.

Inspirational way to be proactive in your life

As the book says its really good for those who do not like to eat Non-veg and do not want to hurt animals.I am living far away in foreign country from home and this book is helping me in cooking and surviving there.Awesome book,easy recipies. Go for it.

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

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Crock Pot) 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) 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) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) CROCK POT: 500 Best Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot

meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Low Carb Slow Cooker Cookbook: Delicious Fat Burning Low Carb Slow Cooker Recipes (Low Carb Crockpot Cookbook Book 3) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)