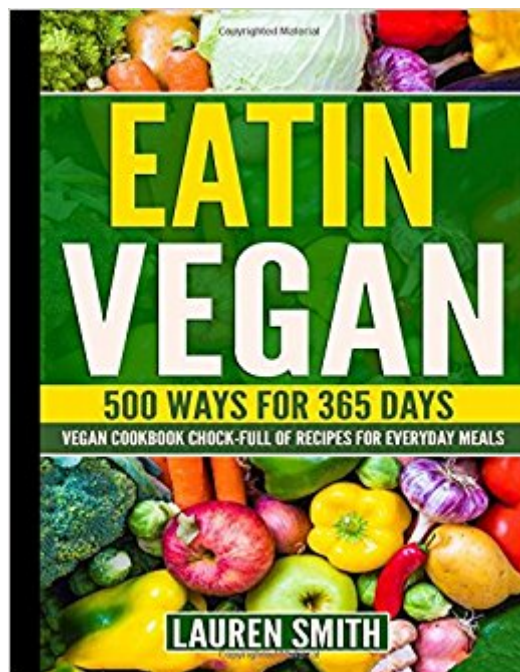




The book was found

Eatin' Vegan- 500 Ways For 365 Days: Vegan Cookbook Chock-Full Of Recipes For Everyday Meals



Synopsis

It's time to dive in! Inside these made-for-you pages of this vegan cookbook are 500 super delicious vegan recipes for breakfast, lunch, dinner, dessert and even smoothies. Through this cookbook you'll find out about the endless variety of options available to you as a vegan. You will get to know that vegan and yumminess are not mutually exclusive. For example, muffins, quesadillas, scones, spreads, soups, pudding, brittle, bars and cupcake recipes abound in this vegan cookbook! There are a multitude of benefits to practicing a vegan lifestyle, and yours could be anything from your desire to live cleaner and healthier to your decision to safeguard the environment through your choices, or because it represents an ethical choice that you feel aligns with your value system. Whatever your reason, with this book, you won't be bored anytime soon, nor will you suffer lack as you enjoy the food items and drinks presented to you here. So what are you waiting for? Scroll up, click the buy button on this page, open the pages of your cookbook and enjoy!

Book Information

Paperback: 400 pages

Publisher: Independently published (December 16, 2016)

Language: English

ISBN-10: 1520159293

ISBN-13: 978-1520159294

Product Dimensions: 8.5 x 1 x 11 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 7 customer reviews

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Customer Reviews

Looking to eat healthier or just a change of pace. This book I found on booksofthefmonth.com's app is easy to use. Meals are quick and for the best part healthy. Definitely would recommend getting this book.

Recipes are pretty simple and straightforward which is important to someone like me (aka culinary

challenged). I am not vegan so I may commit the sin of adding meat but at least the other stuff is quick and tasty.

I've been interested in not necessarily going vegan, but learning to make more vegan food. So far this book has been a great resource. Lot of combinations I hadn't thought of.

very good book. easy to read and understand. great for beginners.

Great e-book, easy to follow!

I am in love with eating meat and dairy, but as I get older I want to live a more healthy lifestyle. This book has easy to follow recipes and the amazing part there is such a variety recipes that it will make my transitions to a more healthy lifestyle easier. I look forward to sharing this book with my friends and family, a book you will certainly enjoy :-).

Some delicious simple recipes. No real format. No pictures.

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