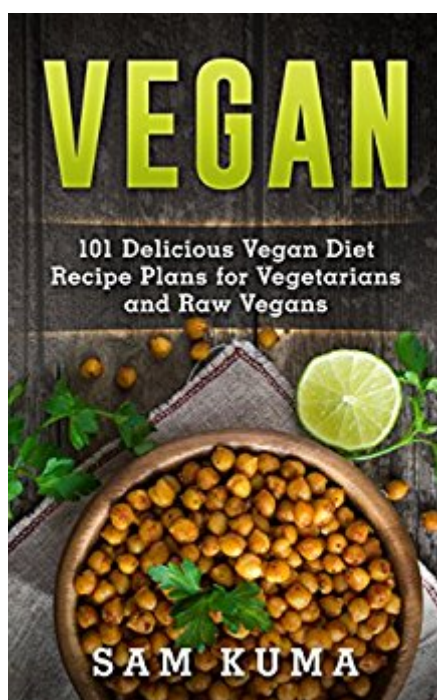


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# Vegan: 101 Quick-Fire, Dairy Free And Low Carb Vegan Diet Recipes (Vegan Cookbook Of Recipes That Are Low Carb, Dairy Free, Slow Cooker, Crockpot And Cast Iron)



## 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

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 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

packed with wonderful recipes I am amazed what things you can eat vegan with out the meat and dairy 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 #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.

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.

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