



## Easy Vegan Cooking: 100 Easy Delicious Vegan Recipes: Natural Foods - Vegetables and Vegetarian - Special Diet (Paperback)

By Gina The Veggie Goddess Matthews

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this easy vegan cooking cookbook, all the recipes are certified 100 cruelty-free. That means they contain no animal products, and no animal by-products. All of these vegan recipes are free of any meat, poultry, fish, seafood, dairy products, and honey. This expansive vegan cookbook is filled with delicious vegan recipes that include nutritious beans, grains, non-dairy and non-meat substitutes, and of course, lots of veggies. For those who are already following a vegetarian diet and are looking to transition into a vegan diet, this vegan cookbook will ease that transition and show you just how easy it is to cook delicious vegan recipes from scratch. With a vegan diet, you'll almost effortlessly be consuming your daily requirement of nutrients, including vitamins, minerals, antioxidants and amino acids. And, unlike synthetic, lab-made vitamins, your body is able to fully absorb and assimilate the vitamins, and other nutrients you consume through a vegan diet. You'll also be drastically reducing your saturated fat consumption, while at the same time significantly increasing your intake of healthy dietary fiber. The carbohydrates that you...

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