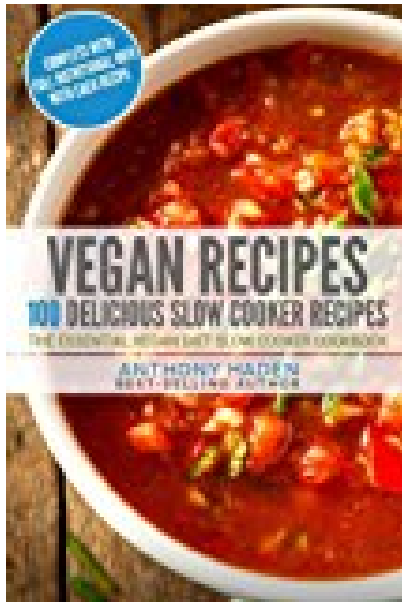


Vegan Recipes 100 Delicious Slow Cooker Recipes - The Essential Vegan Diet Slow Cooker Cookbook



BOOK DETAILS

- Author : Anthony Haden
- Pages : 160 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

Do you want delicious easy to make Vegan slow cooker recipes that the whole family can enjoy? Do you want to be able to make healthy Vegan recipes but dont want to spend all day in the kitchen? This book could be the answer youre looking for... Vegan Recipes: 100 Delicious Slow Cooker Recipes The American people are living just minutes away from dealing with a heart attack and other heart conditions. They spend most of their time eating out, cooking frozen meals, and just avoiding their exercise while dealing with a whole bunch of stress. All of this adds up to the perfect recipe for disaster. It is time to make a change, and not just with meal choices, but also with your whole lifestyle. A Vegan Diet is the perfect choice to get in better health overall. Whether you are trying to lose weight, prevent diabetes, improve your heart health, or for ethical reason, the Vegan Diet is the perfect option for you. This book is designed to empower you by providing quick and easy Vegan slow cooker recipes that dont skimp out on flavor! With The Essential Slow Cooker Vegan Recipes Cookbook youll learn... Detailed Macro and Micro Nutritional Information For Each Recipe Cooking And Preparation Times To Find The Quickest And Easiest Recipes Over 100 Recipes In Easy to Find Categories: Breakfast, Lunch, Dinner, Side Dishes, Soups, Grains & Lentils and Desserts A Straight Forward Explanation about the Vegan Diet For Beginners The Benefits Of Using A Slow Cooker and Slow Cooking Tips Learn How To Make These Delicious Recipes: Italian Eggplant Casserole with Cashew-Tofu Ricotta Vegan Pulled Pork Lentil, Mushroom, and Brown Rice-Stuffed Cabbage Rolls Chinese-Style Barbecued Tofu with Vegetables Lentil-Butternut Squash Curry Thai Spaghetti Squash Noodle Bowl Vegan Jambalaya Puttanesca Pizza Mango and Bourbon Baked Beans Hearty Slow-Cooker Bulgur Chili Hot Chocolate Pudding Cake Apple Crisp Peanut Butter-Triple Chocolate Pudding Cake And much, much more! Get started on making delicious Vegan recipes and get your copy today!

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