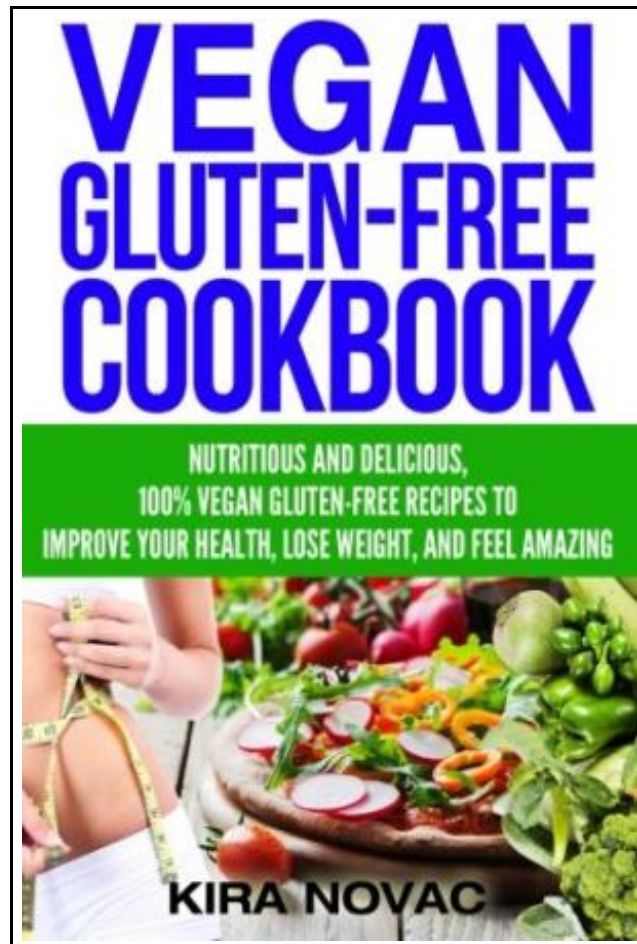


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VEGAN GLUTEN FREE COOKBOOK: NUTRITIOUS AND DELICIOUS, 100 VEGAN + GLUTEN FREE RECIPES TO IMPROVE YOUR HEALTH, LOSE WEIGHT, AND FEEL AMAZING (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Vegan Gluten-Free Eating Made Easy, Exciting and Fun! Discover how much variety you can ENJOY on a gluten-free vegan diet so that you never feel deprived again. Your guide to creating healthy, vegan and gluten-free meals while keeping your taste buds satisfied! The vegan diet is an excellent choice if you are looking for a way to improve your health and vitality with the recipes included in this book. You won't feel like you are making a sacrifice. Thanks to this book, you will be able to create amazingly delicious vegan gluten-free recipes you will get hooked on and that will help you transition (it's not only about eating cooked quinoa with some herbs, right? We can make it much more sophisticated!). You just need a step-by-step plan in form of yummy recipes. HERE'S A SHORT PREVIEW OF WHAT YOU ARE JUST ABOUT TO DISCOVER, TASTE AND ENJOY: PART 1 - Nutritious and Delicious Vegan Gluten Free Breakfast Recipes PART 2 - Original Vegan Gluten Free Soup and Salad Recipes Full of Taste PART 3 - Comforting Vegan Gluten Free Dinner Recipes PART 4 - Side Dish Recipes - Easy Vegan Gluten Free Tricks to Satisfy Your Hunger and Keep it Healthy! PART 5 - Snack and Dessert Recipes - Guilt-Free, Vegan and Gluten-Free! With this cookbook, you will easily be able to conjure up tasty and incredibly healthy recipes like: Mashed Sweet Potato Casserole Creamy Cauliflower Pasta Alfredo Quinoa Veggie Burgers Easy Shepherd's Pie with Gravy Spaghetti Squash with Sautéed Veggies Zucchini Pasta with Chunky Sauce Vegan Enchilada Casserole Sweet Potato and Black Bean Burgers + many many more! All are vegan and gluten-free. Full of taste....



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