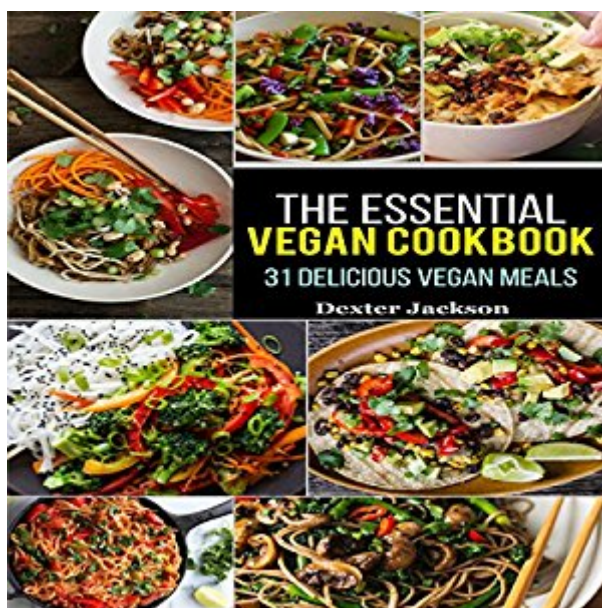


The book was found

# The Essential Vegan Cookbook: 31 Delicious Vegan Meals To Serve Your Family & Friends



## Synopsis

Begin your vegan lifestyle today! The Essential Vegan Cookbook: 31 Delicious Vegan Meals contains a mixture of so many tasty recipes you will not know which one to try first. Each of the recipes provided gives you essential information to make the meal nutritious for your family and friends. Working so many different styles of cooking while on a vegan diet can become hectic, but these 31 days of recipes will set you on a path which you will want to continue for years to come. You will want to use these over and over again, from the avocado and smashed bean club sandwich to the Marsala-tofu cutlets. You won't be disappointed. Also includes: Green chile mac 'n' cheese - vegan-style of course Vegan slow-cooker lasagna Veggie pesto pizza Vegan corn dogs Spicy Thai roasted sweet potatoes over rice with peanut sauce And of course many more! The preparation methods are discussed fully, so each of the tempting meals you prepare will maintain the same consistent nourishment and tasty temptations as they did the first time you tested the meal plan. Also provided is a list of the essentials you will need to remove meat from your diet plan. With all of the healthy benefits you receive, a vegan style of eating is gaining popularity. Why not join the league of satisfied customers and try some of these decadent recipes for yourself?

## Book Information

Audible Audio Edition

Listening Length: 1 hour 47 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Dexter Jackson

Audible.com Release Date: January 24, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B01NBWL330

Best Sellers Rank: #51 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

#172 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #295

in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

This is a great cookbook on Vegan. All of the things and recipes that I need to know about Vegan are already included and well-illustrated inside. Dexter Jackson has done an incredible awesome job in compiling and creating this book of Vegan. Also the unique part of this book is the compilations

of the 31 Vegan Recipes. Very healthy, delicious and easy to prepare. This book is really a great resource for those who want to know more about vegan. The book is worthy of attention! I highly recommend this book to all. With that, I'd like to give this book a Very High and Amazing 5-Star.

A very interesting recipe book...most people think you have to eat meat to be healthy...but this book shows that is false. There are plenty of good recipes in this book that I will try out. Dexter Jackson does a great job going step by step in the process to make sure you come out with a delicious meal.

Perfect delicious recipes for vegans for every day of 1 month. I just start cook it at home and like it very much. Squash-Peanut Stew was amazing for yesterday's dinner.

[Download to continue reading...](#)

The Essential Vegan Cookbook: 31 Delicious Vegan Meals to Serve Your Family & Friends Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) My Yonanas Frozen Treat Maker Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For Your Elite or Deluxe Machine (Frozen Desserts & Soft Serve Makers) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy

Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook ) Vegan Instant Pot Cookbook: Vegan Pressure Cooker Recipes for Two - Delicious and Healthy Plant Based Meals (Vegan Instant Pot Recipes Book 3) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)