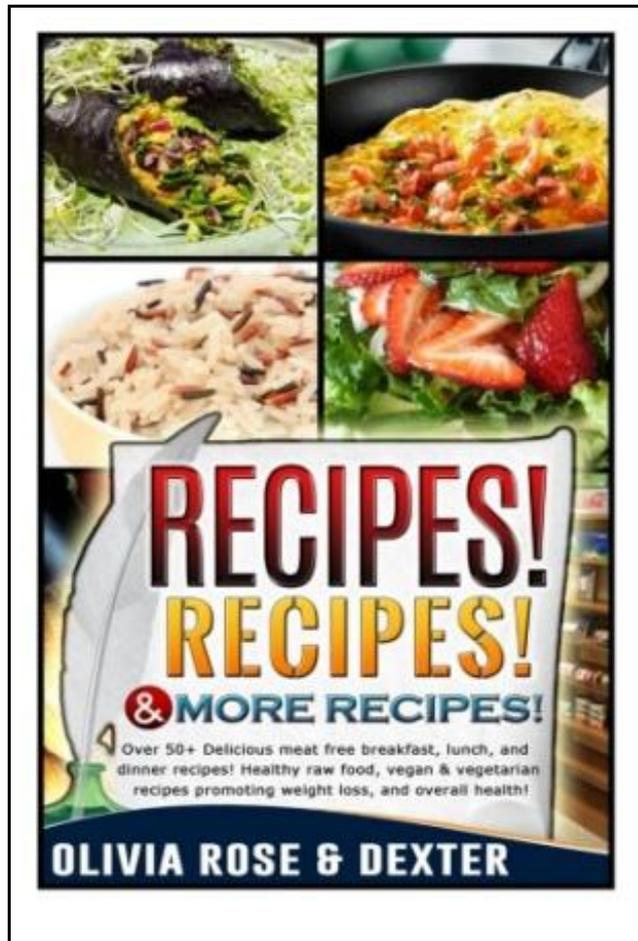


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.RECIPES! RECIPES! AND MORE RECIPES! These healthy recipes are designed to promote weight loss and overall health while not only being delicious to the taste buds, but also fun and easy to make! We cover breakfast, lunch, and dinner time recipes all while staying in line with a healthy vegan, and vegetarian way of eating! The recipes inside of this cookbook promote balance and well being! Check out some of these delicious recipes inside: *Breakfast *Cake like Pancakes *Sweet Potato Hash *Eggless Soy Crepes *Lemon Scones *Cinnamon Quinoa Pudding *Spinach and Cauliflower Bread *Curry and Broccoli Fritters *Banana Oatmeal Smoothie *Rosemary Potatoes *Breakfast Pudding *Fruit salad and mixed nuts *Veggie breakfast wrap *Vegan Muesli *Lunch Recipes *Avocado Tacos *Barley Beans with Mushrooms *Vegan Chili *Sweet Potato Minestrone *Bean Soup *Lettuce Wrap *Lentil Soup *Roasted Brussels sprouts *Lemony Cucumber and Peanut Salad *Spinach and black bean lettuce wrap *Sprouted Lentil Salad *Refried Fat Free Beans *Grilled Mushrooms and Veggies *Paleo Sweet Potato with Kale Salad *Baked Potato Sticks *Roasted Purple Cauliflower soup *Kale smoothie *Potato and Spinach Pie *Nut Patties *Dinner Recipes *Egg Plant Stew *Vegan Mac n Cheese *Spinach and Chickpeas Curry *Mexican Stew *Vegetable Kabobs *Vegetable Stir Fry *Vegetable Masala *Spinach Casserole *Veggie Burgers *Mushroom Kabobs *Vegetarian club sandwich *Pad Thai with tofu *Szechuan Tofu *Tofu steaks with mushroom *Vegetarian curry *Chili beans Making healthy food choices does not have to be a drag! Just as cooking them does not have to be a chore! The variety in these recipes is sure to give even the pickiest of palates something that they can enjoy and implement into their diet for years to come. So...

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