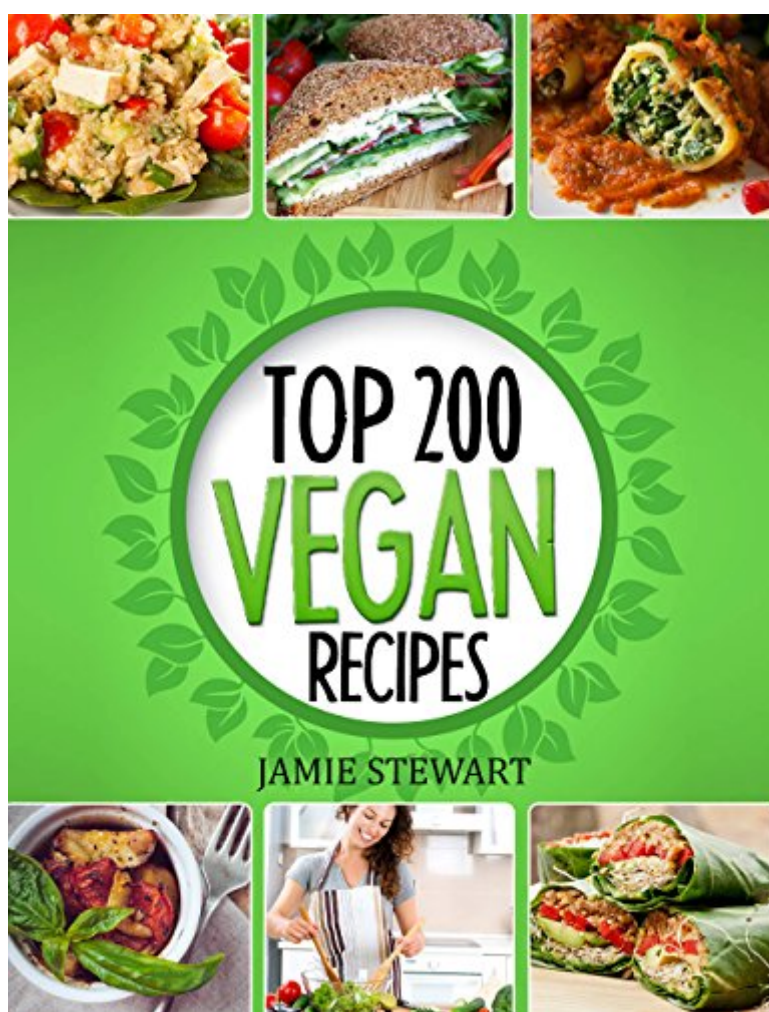


The book was found

Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast And Snacks)



Synopsis

The Most Delicious Vegan Recipes! Great Variety, Suitable For Everyone, No Cooking Experience Needed, Extremely Easy to Follow Directions! Free PDF file with photos available at the end of the book Why Vegan? There are too many reasons to go vegan. A lot of people are vegans due to the fact they think a meat-free diet is healthy for them. The most of vegans are against cruelty to animals. Those are ethical arguments. Some people believe it's beneficial to the Earth. Those are environmental arguments. Many others are just looking for a change and delicious food. There are a lot of aspects why people become vegan. It does not matter what your personal reasons are. This is the book that can help you with the proper and healthy choices of your daily meals.

Book Information

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Customer Reviews

I bought this book as I have been wanting to try eating healthier and move to a vegan diet at least partially so that I am not eating meat every night. I have always assumed there would not be much variety in a vegan diet but there really is something for all tastes in this book. It is incredible the amount of things you can eat even on a vegan diet and how much variety there is. I have tried a number of recipes so far and every one has been delicious. The book is well presented and

optimised for kindle both on my Kindle Fire and when using the cloud reader on the laptop which is good for when the kids are using the tablet. Overall this is an excellent recipe book for anyone switching to a vegan diet or who just wants to try vegan meals every now and again like I do.

When I first started my journey into eating properly, vegetarianism was my first stop. After concluding that an abundance of grains could exacerbate my current physical issues, I ventured into veganism. It has, so far, been the best dietary decision I have ever made. Unfortunately though, a lack of diversity began to make things difficult. When I bought this guide I was thoroughly impressed with the depth of the content. This is the first recipe book I've found that offers such a vast array of delicious meals. Now, just about a week into utilizing it, I no longer struggle with the diet and am enjoying every time I set down to eat dinner. From fluffy chewy peanut pizza and vegan barbeque to fluffy honey pancakes and spaghetti with lentils, I've found something for myself and everyone in my household to enjoy. My favorite so far, Hungarian vegan paprikas, has already been made twice. Also, the recipes are very straightforward and easy to interpret, making all of these dishes easy to create by just about anybody. I'm very thankful that I've found this recipe book and I know that it will remain the go to guide in my kitchen for a long time to come.

Well it looks like Stewart took some of the critiques of his last book to heart - it's much easier to find recipes based on meal type in this new Top 200 Vegan Recipes book and it's stated right in the beginning that pictures are included in the PDF version, available at the end of the book, to save the reader the cost. The recipes are still as easy to read and follow as ever and ingredients are still mostly available in the average grocery store. The introduction could still use some polishing for personal taste but it gets the point across in the end. Well done! Looking forward to cooking more because of these recipes!

It appears from I've read so far to be very diverse however Vegans know that this book has recipes with honey. Why would she name it 200 vegan recipes when they're not all vegan? Honey is Not vegan. That leaves me very disappointed.

This vegan cookbook has a recipe for any occasion. With a wide range of different vegan recipes you can find something to please everyone at your table. Whether you are strictly a vegan or you are trying to get into healthier eating habits this 200 Vegan Recipes can give you plenty of palate pleasing healthy recipes. These recipes include delicious dips, scrumptious smoothies, and spicy

soups. If you are looking to switch to a more vegan lifestyle, this book will be a great start.

Over the last year I have been trying to reduce the amount of animal products in my diet, with very little experience in preparing meals without meat I have limited my diet to a handful of foods. This has made dinner time a pain trying to figure out what my family will eat. This recipe book has been extremely helpful in increasing the amount of recipes I have to choose from. Great job and can't wait to try more of the recipes.

Great recipes for everyone from beginner to seasoned vegans. I always get stuck cooking the same recipes over and over and this book has a lot of interesting recipes that I would have never thought of on my own.

I am far from a veteran when it comes to cooking, and so ruining a recipe has happened to me on countless occasions by now. I mention this because I have always found Jamie Stewart's recipes easy to follow and I rarely find myself making mistakes or getting stressed out over the directions. It's clear, concise, and easy to understand. I would recommend this book not only to Vegans, but also to the meat-eaters out there that simply want to try something new and tasty. I shared one of the first meals I tried with my sister, who has a diet that is heavily animal based, and the surprised (and very impressed) look on her face while dining made this book more than worth it for me for just that moment alone.

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