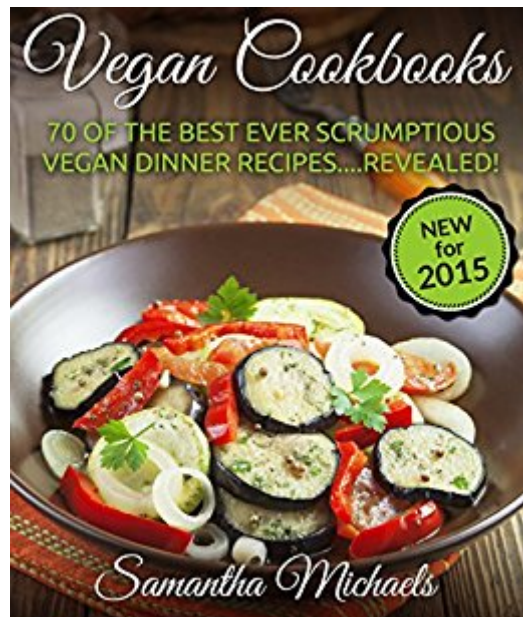


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# Vegan Cookbooks: 70 Of The Best Ever Scrumptious Vegan Dinner Recipes....Revealed!



## **Synopsis**

This fantastic kindle book contains 70 simple vegan recipes all tried and tested on a vegan family. They have all been created by busy mum Samantha Michaels, so are not only suitable for the whole family but are quick to make at the end of a busy and stressful day. Samantha tries to keep all her meals healthy but her main focus is on delicious and tempting meals that everyone will enjoy eating. She loves to make up new recipes and tries everything out on her family and friends before publishing. These are 70 of the most popular vegan dinners that she has tried. Vegan recipes contain no meat, fish, dairy or eggs so are completely animal friendly. Therefore they are suitable for any vegetarian or vegans you might have to visit. If you are struggling to find vegan recipes, dinner maybe the most difficult meal for you, so these are ideal to help you with ideas for a large range of different types of meal. They are also useful if you are cooking for milk or egg allergy sufferers as you can be completely sure that you are giving them suitable food. These quick vegan recipes contain a large variety of ingredients and a designed for vegans and non vegans alike. They are great for when you are having visitors as well as your family meals. As there are so many different dinner recipes you are very likely to find something for everyone, even if you have family members or friends round to dinner who have very fussy tastes. This book of good vegan recipes is aimed at families and therefore contains healthy vegan recipes, as we all know how important it is to feed your children with the right foods. They contain a good mix of vitamins, minerals and other nutrients so you can be sure that you are always feeding your children a well balanced meal. If you are worried about too much saturated fat in your diet then a vegan recipe book is an ideal choice as it can show you ways of cooking without using meat and dairy products which are high in fat. Meat eaters will be very surprised at how delicious these recipes are and how little you actually miss the meat because of all the delicious flavors of each dish. To have a book of just dinner recipes is ideal if you don't like sweet things or are happy with what to prepare for other meals in the day. Dinner is often the hardest meal to make because it is when you all sit down as a family at the end of the day to share your news so you don't want everyone to be moaning about the food instead. The great thing about these recipes is that they are so delicious they can be used for dinner parties as well. So you can see for the best and easiest vegan recipes this is certainly the book for you, and it comes at a bargain price.

## **Book Information**

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## Customer Reviews

This book written by author Samantha Michaels has several vegan recipes and some vegetarian recipes. Most of the recipes are focused to done and taken at dinner time but I can differ that as you can have some of these delicious recipes for lunch too, as it depend in your own way of living and eating habits. Anyway, this book does contain several good recipes that we have already enjoyed and share with friends as well. Eating healthy is like today's fashion but the problem is that many people don't know how to get enough nutrients, vitamins and minerals coming from a regular daily intake. That is why it is important to learn as much as possible about our bodies needs and to give us a balanced intake to fulfill our own needs which are different in comparison to anyone else. We loved some recipes like Pineapple Stir-fried Rice (superb!!!), Rice and Red Beans, Skillet Black Beans, Portobello Mushroom Burger, Mexican Stew, Asparagus & Spinach Pizza, Sweet potato Casserole; and desserts like Blueberry Streusel Cake and Gingerbread. As you can notice, there are enough recipes for everyone at home. As in any other cooking book, there will be recipes that you will love to try and repeat, but also you will find recipes that you won't consider to do. Actually, that is quite normal as a recipe book also deals with every single person and its own unique way to live his/her healthy way of eating. Even though that, you will be delighted with this

book as much as we had. Disclosure: I received this product on a promotional discount for my honest review and they are 100% my own opinions; of course, I do understand that your own opinion may differ from mine and I do respect that in any way.

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