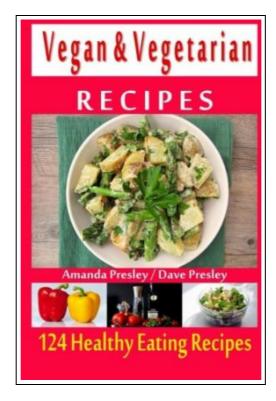
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(Prof. Damon Kautzer III)

VEGAN VEGETARIAN RECIPES - 124 HEALTHY EATING RECIPES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. This recipe book is printed both in paperback eBook format for your convenience. Kindle Unlimited subscribers can download the eBook version FREE. Healthy Recipes are for everyone! These just so happen to be Vegan Vegetarian friendly, anyone can add them into their diet for a variety of clean eating recipes! Take a look at some of the recipes we have for you today. Apple and raisin porridge rice Creamy mushroom soup Spicy brown rice wraps Spicy and sour sweet potatoes Dal Sag (lentil curry) Rice chili stew Date and Oatmeal porridge with almonds Low-fat Spanish risotto Cashew flavored Cherry rice Mexican red lentil stew Chinese stir fried rice Hawaiian rice Leek and potato soup Spicy vegetable curry Noodle soup Lemon flavored vermicelli Lentil sandwich with barbecue sauce Yummy vegetable momos Cilantro and lime rice Tangy tomato pasta Pumpkin and baby spinach risotto Wild mushroom rice Breakfast burritos Peas Pilaf Taco Soup Sweet coconut dumplings Quinoa with almonds, cranberries and apricots Raw Peach Cobbler Vanilla Bean Ice Cream Chocolate Chip Cookies Pecan Sandies Chocolate Ice Cream Cantaloupe Dessert Soup with Coconut Milk Falafels with Fava Beans Pickled Squash Bites Corn and peas sandwich (serves 3) Sweet corn sandwich (serves 2) Spicy sweet potato sandwich (serves 3) Chickpea kebab sandwiches (serves 2) Yummy potato sandwich (serves 3) Healthy soya sandwiches (serves 2) Mushroom and spinach sandwich Aubergine sandwich Yummylicious peanut butter and banana sandwich (serves 2) Schezwan chili potato sandwich (serves 2) Tomato Pancake sandwich (serves 2) Smoked egg-plant sandwich (serves 3) Tofu tikka sandwich (serves 2) Grilled macaroni and spinach sandwich (serves 3) Pineapple and mushroom Sandwich (serves 3) Bean Burger (serves 3) Caramelized Onion and mushroom sandwich(serves 2) Grilled Chocolate...



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