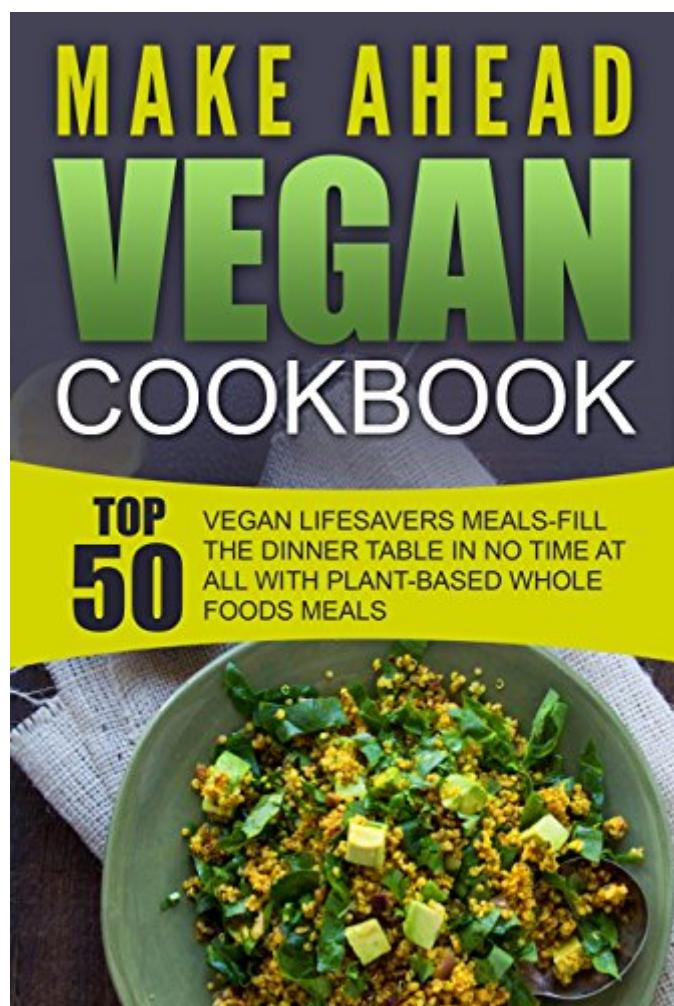


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# Make Ahead Vegan Cookbook: Top 50 Vegan Lifesavers Meals-Fill The Dinner Table In No Time At All With Plant-Based Whole Foods Meals



## Synopsis

Top 50 Vegan Lifesavers Meals-Fill The Dinner Table In No Time At All With Plant-Based Whole Foods MealsYou know the fantasy where you wake up on Saturday morning and breakfast is beautiful, low-key, and delicious?When you're busy working all day, you need food you can make the night before and grab from the fridge as soon as you get home from work. It has to be sturdy enough to withstand refrigerator time, and stable enough to survive your drive, taxi ride, subway, walk, or skateboard journey to the venueWhether you're overwhelmed by the back-to-school bustle or you just wish someone would make you breakfast, already, we've got something for you. Whether you're panicking about what to bring to that fancy brunch or just interested in a breakfast routine that doesn't involve a bunch of fuss, you'll want to try these delicious make-ahead gems.Here Is A Preview Of What You'll Learn...Overnight Apple Cinnamon PorridgePeanut Butter and Cocoa Breakfast SmoothieBuddha's Delight StewChili Cauliflower, Sweet Potato and Tomato SoupLentil and Butternut Squash CurryMushroom and Broccoli Freekeh RisottoRice with Cabbage, Mushrooms and TofuBarley and Veggie RisottoBrussels Sprouts with Caramelized Onion and Crisp TempehMexican Style Rice and CornMuch, much more!Download your copy today!Try it now, click the "buy" button and buy Risk-Free

## Book Information

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#152 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains

## Customer Reviews

I am happy having this Vegan Cookbook which contains a full course from morning to evening recipes, it will be better to have images and nutritional facts.

Yes we can go Vegan we can go healthy. What I like about this book is it teaches us how to make or cook very delicious vegan recipes and not only that this recipes are very easy to prepare. You can never go wrong with this book.

thanks to my friend who shared me this book cause he knows that I love Vegan foods. As I have read it you can really tell that it is well prepared and well research book. Also the beautiful pictures will make you hungry and will surely encourage you to cook the recipes. As of the recipes it was very easy to understand and easy to follow instructions.

The recipies are good. Nothing spectacular but good and quick vegan food. Ive been a vegetarian for years and its always nice to add new recipies to my diet!! I received this book in exchange for my review.

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