



Vegan Cookbook for Beginners: Fat Free Quick & Easy Vegan Recipes - Delicious Recipes Purely Starch-Plant Based for a Dairy-Free, Low-Cholesterol, ... Vegan Cooking Recipe Book)

(Volume 3)

Anna I. Jäger, Holly Tomlinson

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Vegan Recipes Cookbook: Transform Your Life! 35 Recipes for a plant-based, oil-free diet - Menu Ideas for One Week Mix and Match as You Like! Eating a whole-foods diet without animal foods and added oils, less salt and sugar, and very few processed foods dramatically improves the health. The recipes in this book are based on a purely starch-plant based diet (diet based on whole starches, vegetables, and fruits) without added oils. All the recipes are quick and easy. Bestselling author, nutritionist, and advocate for health, nutrition and vegan diets A. I. Jaeger brings you this wonderful book where you will find 35 recipes based on scientific research (such as the starch-plant based Dr. McDougall program). These recipes are meant to be used to create a healthier 7-day meal plan. They are broken down into four sections: Breakfast, Snacks, Lunch, Dinner and Desserts (healthier options). Each section also includes two quick and easy recipes that can be prepared in under 15 minutes. Mix and match according to your lifestyle and create a meal plan that will work for you. In addition to being vegan-friendly, these recipes are also high-carb and low (or no) fat. Cheers to you for bidding goodbye to oil! Enjoy healthy, vegan, oil-free recipes such as: Blueberry Pancakes & Cookies Tortillas Vanilla Chia Pudding Mac n' Cheese Baked Sweet Potato Chips (the perfect snack!) Pesto Pasta Black Bean Veggie Burger Quinoa Teriyaki Lasagna Rolls Craving a delicious dessert? Enjoy desserts in healthier dairy-free, low-fat options such as: Peach Cobbler Raw Apple Crumble Dark Chocolate Brownies Chocolate Mousse Banana Cream Pie Apple Strudel And many more! Some of the features of this book are: - Includes many vegan mouthwatering meal recipes under 15 minutes - Suited for beginners and advanced cooks alike - All recipes include a photo - All recipes low fat or fat-free - All recipes include nutritional information The recipes in this book are based on a purely starch-plant based low-fat diet without animal foods and added oils. The recommended low-fat vegan diet is based on scientific research and recommendations by experts such as Dr. Neal Barnard, T. Collin Campbell, Dr. Michael McGregor, and especially Dr. John A. McDougall. Available as Kindle Edition and as Paperback.



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