



Vegan Gluten Free Cookbook: Nutritious and Delicious, 100 Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Paperback)

By Kira Novac

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Vegan Gluten-Free Eating Made Easy, Exciting and Fun! - Discover how much variety you can ENJOY on a gluten-free vegan diet so that you never feel deprived again. - Your guide to creating healthy, vegan and gluten-free meals while keeping your taste buds satisfied! FREE BONUS: Inside the book you will find a link to download a free, complimentary recipe eBook: Gluten-Free Desserts Can I enjoy tasty meals on a vegan gluten-free diet? Of course you can! When you switch to the vegan diet, you may be worried about whether or not you will still be able to eat your favorite foods. While you might have to make some big changes to your diet, there are plenty of vegan alternatives out there for traditional foods. You can still enjoy things like pancakes, muffins, even omelets for breakfast as well as hearty soups, stews, and entrees - even decadent desserts. The vegan diet is an excellent choice if you are looking for a way to improve your health and vitality with the recipes included in this...



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