



The 30-Minute Vegan: Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking

Mark Reinfeld, Jennifer Murray

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Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to prepare recipes for everyday vegan cooking—all dishes that can be prepared in a half-hour.

Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts.

The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion—making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

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The 30-Minute Vegan: Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking can be one of your beginning books that are good idea. All of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to set every word into pleasure arrangement in writing The 30-Minute Vegan: Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be considered one of it. This great information may drawn you into completely new stage of crucial imagining.

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