

Vegan Comfort Food Favorite Wholesome Plant-Based Recipes: Favorite Wholesome Plant-Based Recipes (Paperback)



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Reviews

It is one of the most popular publications. Sure, it really is engaging, still an interesting and amazing literature. Your life period will be changed the instant you finish reading this book.
(Abe O'Kon Sr.)

VEGAN COMFORT FOOD FAVORITE WHOLESOME PLANT-BASED RECIPES: FAVORITE WHOLESOME PLANT-BASED RECIPES (PAPERBACK)



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Make your favorite vegan comfort food! A healthier version of heartwarming comfort food for every meal of the day including desserts! Vegan food is often healthier, but that doesn't mean it can't be just as decadent and comforting as traditional recipes. Choosing a vegan lifestyle is not about sacrifice or restriction; it's about loving your body, animals, and the environment! Going vegan really is not limiting in the way that carnivores assume! Sure, all of the recipes in this cookbook are healthier than their meat and dairy alternatives, but that doesn't mean you have to sacrifice flavor-at all! Plus, these recipes, especially the desserts, are a great way to trick kids into eating their veggies! The recipes in this cookbook range from super easy to slightly more complex, so you can pick something depending on how ambitious you're feeling and how much time you have. There are meals for when you're sitting on the couch alone, family meals, holiday meals, and recipes perfect for a cocktail party. There are also recipes from cultures all around the world as well as traditional American comfort food! Inside, you'll find: Delightful breakfast recipes like the Peanut Butter Cup Smoothie Bowl and the Biscuits and Gravy Satisfying soup recipes like the Butternut Squash Soup and the Cream of Mushroom Soup Great sauce and condiment recipes such as the Ranch Dressing and the French Onion Dip Flavorful cheese recipes like the Parmesan Cheese and the Sweet Potato Queso Fulfilling main course recipes such as the Corn Casserole, the General Tso's Tofu and the Drunken Noodles Tasty side recipes such as the Scalloped Potatoes and the Falafel Memorable dessert recipes...

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