



Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World

Donna Klein

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An all-new collection of delicious, simple vegan dishes using easy- to-find, readily available ingredients-going vegan has never been easier.

The author of *The Mediterranean Vegan Kitchen* shows readers how to use readily-available ingredients to create healthy, delicious, simple, low-cost, and elegant family vegan meals, including:

?More than 225 meat-free, egg-free, dairy-free recipes for appetizers, soups, salads, main courses, side dishes, beverages and desserts

?No expensive and suspect meat, egg, or dairy "substitutes"

?Helpful preparation tips

?Comprehensive nutritional analysis of every recipe

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People live in this new morning of lifestyle always aim to and must have the spare time or they will get a large amount of stress from both daily life and work. So, once we ask do people have extra time, we will say absolutely of course. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time comes to you actually of course your answer will be unlimited right. Then ever try this one, reading publications. It can be your alternative within spending your spare time, the book you have read is definitely Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World.

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