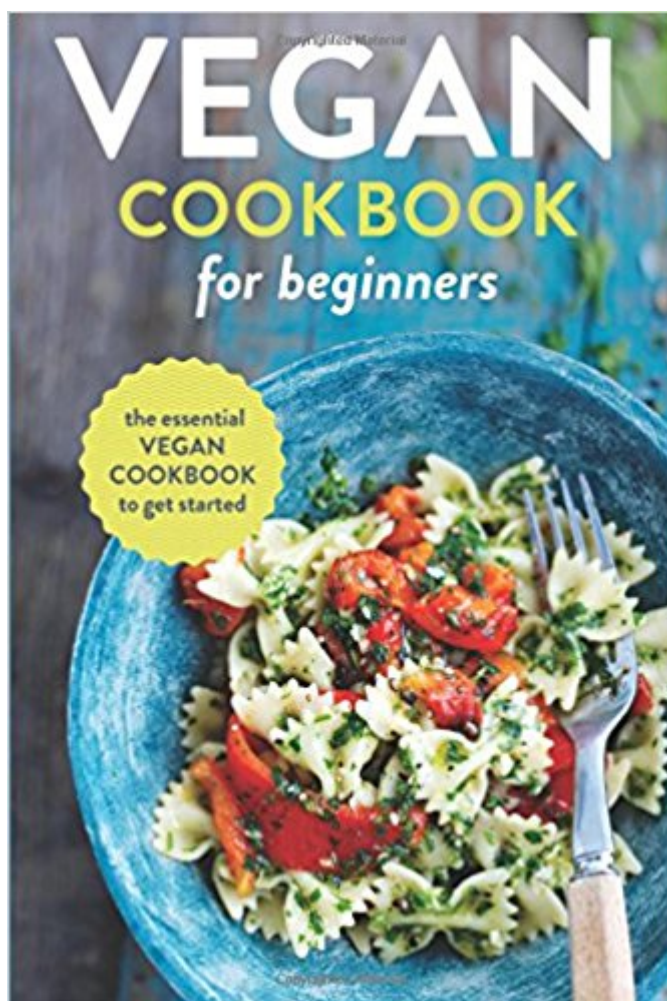


The book was found

Vegan Cookbook For Beginners: The Essential Vegan Cookbook To Get Started



Synopsis

The Vegan Cookbook for BeginnersÂ was made for the everyday cook who wants to add delicious vegan meals into their diet and experience amazing health results. Plant-based meals celebrate the rich, natural flavors of fruits, vegetables, and nuts, and can provide amazing nutritional value to help you lose weight and help fight the onset of everything from diabetes to heart disease. While most vegan cookbooks are geared towards experienced vegans,Â Â The Vegan Cookbook for BeginnersÂ is the perfect companion for anyone new to a plant-based diet, with easy guidelines, simple shopping lists, and quick vegan cookbook recipes.Â For those who are exploring veganism for the first time,Â Â The Vegan Cookbook for BeginnersÂ will inspire you to create hearty and flavorful meals to please even the most skeptical carnivore. The editors ofÂ The Vegan CookbookÂ will show you the easy way to add vegan recipes into your diet, with over 150 quick and easyÂ Vegan CookbookÂ meals, from breakfast to dessert. Start off the day with a healthy bite of Pumpkin Spice Muffins, or please the whole family with hearty Black Bean Vegetable Enchiladas for dinner.Â The Vegan Cookbook for BeginnersÂ will let you experience improved health and increased energy from a vegan diet.

Book Information

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Customer Reviews

"The Vegan Cookbook For Beginners: The Essential Vegan Cookbook To Get StartedÂ by Rockridge Press is a contemporary publication fit for the health conscious readers of the day.Â It presents a very effective, understandable intro to eating healthy without the consumption of any

animal products."- American Live Wire Blog

My husband is a type 2 diabetic and we wanted to explore the vegan diet option to help... First I will say that this cookbook has NO photos. I am always a little disappointed by this, but seems like more and more cookbooks these days are photo-less. :(On the upside, there is a very good informational (in my opinion as a vegan newbie) forward in this book with useful info about substitutes and options... The recipes seem to be fairly straightforward (no culinary degree needed or super special equipment) and tasty. I really love the chilled watermelon soup - it's more delicious than one might think. Wish the book had photos and a spiral back to help keep it open while in use, but even without that I think this cookbook is worth owning if you are interested in trying the vegan lifestyle.

Great book thanks

I am always glad when cookbooks have resources and terms on hand, because learning a new diet can be tricky and overwhelming. I was a little skeptical at first, and still am to a degree, about the necessity that the Vegan Cookbook For Beginners puts on living an entirely vegan lifestyle. However, some of the health benefits are very valid, and any person changing diets could use this information even if just for a resource on good and bad foods to consume. The recipes and health benefits look good, so switching a meal or two seems like a viable option for those who can't give up all animal meat and byproducts, but who want to cut it down significantly.

What a helpful book that is an easy read for people wanting to get healthy and become animal and environmentally friendly! In addition to the creative and delicious recipes, the book outlines reasons that people should consider a vegan diet. Improving personal health is offered as the main reason people eat a vegan diet. In addition, desiring to treat animals humanely and with the care they deserve is also included. One of the most interesting points is that the grain that is used to feed cattle could be used to feed the people throughout the world who are starving. This is an especially compelling point. The book is helpful and I recommend it.

gift

I really enjoy this cookbook! Although I am not currently vegan, I have friends who are and I have found this book both super informative and interesting. The book includes loads of information about

why you might choose to adopt a vegan diet and/or lifestyle and many useful tips for making the transition, stocking your kitchen, and tons of delicious recipes! I have only made a couple, so far, but I am excited that I can now confidently accommodate all of my guests whenever I have people over! I think this is a really great resource if you are considering a vegan diet or simply just curious. Enjoy!

This book has a lot of helpful tips, I bought this book with a couple of others. I'm new to eating healthy and wanted to know how to cook "vegan" meals for some of my friends who live that sort of life style. It was surprisingly simple! I was also able to find a few recipes for myself to use. Need a guide for grocery shopping? It's in there too! There is even a whole first part of the book dedicated to what it means to be vegan. Explanations to this choice that some people make - its quite interesting, actually. Its more than just health issues for some. There are thoughts and considerations to take if considering going vegan.

If you are curious or interested in becoming vegan this is THE book for you. For someone who has never second guessed my love for meat, after reading this book I am reevaluating my diet. Whether you are considering becoming a vegan for dietary, environmental, or ethical reasons this book is full of information from all aspects. This book states that not only is a vegan diet a helpful tool to achieve a healthy body weight, but there are many other proven health benefits to eating vegan. I can't wait to try out all of the delicious sounding recipes, but top of my list will be the vegan chili and the cinnamon banana pancakes. YUM!!

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