



Vegan Cookbook Box Set (2 in 1): Slow Cooker & Vegan Recipes for a Healthy Clean Eating (Vegetarian Slow Cooker)

Jessica Meyer, Bobbie Myers

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Book One: Only Vegan: Vegan Recipes for Healthy Living & Clean Eating

Vegan eating is a way of getting yourself healthy, managing your diet and more. It's a way that you can help protect the planet and most definitely the animals that live on it. There are many reasons that people become vegan and we'll talk a little about those in this book. What we're going to focus on however, is what it really means to be vegan and why this is something that you're going to want to get started on yourself. After all, that's why you're reading this book right?

Inside You Will Learn:

- What is a Vegan Diet?
- What's the Difference Between Vegan and Vegetarian?
- What Are Some Great Vegan Dishes to Try With Your Family?
- Why Do People Choose to Be Vegan?
- And Much More

You definitely don't want to wait on this one. Instead, make sure that you're getting started with a vegan diet of your own right now by checking out this book. You will definitely be glad that you did when you realize the great benefits.

Book Two: Slow Cooker Recipes for Vegetarians: 35 Easy, Hearty and Meatless Meals for You to Enjoy

Staying fit and being a vegetarian does not have to be dull and bland, because it can also be delicious, healthy and cooked with love.

Are you ready to experience a new way of cooking delicious, hearty and healthy vegetarian meals?

People have been following different eating practices and lifestyles in general. There are those who eat meat and fresh produce, while there are those that pescetarians (people who just eat fish and seafood), vegans (those who have axed meat, dairy and animal products from their diet), and there are those referred to as vegetarians (these are people who do not eat meat, fish and seafood, but eat fruits, vegetables and does not abstain from the consumption of dairy products such as milk, eggs, cheese and butter).

Now, when it comes to food preparation, those whose diets or eating lifestyle is somewhat restrictive and limited in terms of the ingredients they can use and the way they can cook their meals.

If you are a vegetarian or a vegan with several levels of restrictions in your food ingredients, you will also feel that you do not have a whole lot of options when it comes to how you cook your food. This book aims to really make cooking and eating easier and more versatile through the art of slow cooking. Yes! Slow cooking is a manner of cooking meals that require slow and sometimes long processes to infuse more flavors and this can also be used by vegetarians when preparing their meals.

With this book, you will learn:

- That healthy food should not be blanched, blended, stir-fried and eaten raw. It can also be slow-cooked!
- Vegetarianism should not restrict readers from trying out new ways to prepare or cook their food.
- Slow cooking is perfect for any type of diet or lifestyle.
- How to officially convince you that slow cooking can be used to make healthy, hearty vegetarian meals.

Top Reasons for Downloading this Book

Through downloading this book, you will have a clearer understanding of how slow cookers work and how you can use this cleaning process to your advantage. This book can also serve as your easy to follow cookbook which contains simple, healthy, hearty and delicious slow cooker recipes to suit your vegetarian diet any day. After reading this book, you will feel more convinced and ready that ever to stay healthy, take on the slow cooker challenge and whip up or simply put together new vegetarian recipes that you can make at home to serve your family as well.

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Mary Partee:

Reading a book to get new life style in this yr; every people loves to go through a book. When you examine a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. In order to get information about your examine, you can read education books, but if you act like you want to entertain yourself read a fiction books, these us novel, comics, and soon. The Vegan Cookbook Box Set (2 in 1): Slow Cooker & Vegan Recipes for a Healthy Clean Eating (Vegetarian Slow Cooker) will give you a new experience in reading a book.

James Sanford:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Vegan Cookbook Box Set (2 in 1): Slow Cooker & Vegan Recipes for a Healthy Clean Eating (Vegetarian Slow Cooker) this publication consist a lot of the information in the condition of this world now. This kind of book was represented how do the world has grown up. The language styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. That is why this book ideal all of you.

Richard Byrnes:

That guide can make you to feel relax. This specific book Vegan Cookbook Box Set (2 in 1): Slow Cooker & Vegan Recipes for a Healthy Clean Eating (Vegetarian Slow Cooker) was colorful and of course has pictures on there. As we know that book Vegan Cookbook Box Set (2 in 1): Slow Cooker & Vegan Recipes for a Healthy Clean Eating (Vegetarian Slow Cooker) has many kinds or style. Start from kids until young adults. For example Naruto or Detective Conan you can read and feel that you are the character on there. Therefore , not at all of book are usually make you bored, any it makes you feel happy, fun and rest. Try to choose the

best book for you personally and try to like reading in which.

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