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# Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan Diet, Plant Based, Vegan Cook Book, Oil Free)



## Synopsis

In this book, you will find delicious recipes perfect for the vegan diet, such as, Cauliflower Pizza Bites, Three-Bean Chili, or even Healthy Chickpea Pancake. This recipe book includes a shopping list, nutrition information, and quick tips to make the vegan diet as easy for you as possible!

**Save Time** Plant-based foods are simple to prepare and can often times be eaten raw. These simple meals will save you time because time is the most valuable thing to you and I want you to spend it doing things that make you happy.

**Save Money** Eating vegan can be very economical for the food budget. Buying beans, grains, and legumes in bulk and cooking them yourself can be less expensive. And even tofu is only half the cost per pound than buying meat products. Plant-based meals are the cheapest foods to eat when prepared at home. People around the world live off \$2 a day eating plant based foods like corn, rice, and potatoes.

**Save Energy** Plant-based foods are easily digested by the body. This means your body can use that extra energy to heal. Our bodies are fueled by the food we eat. When you fill it with plant based foods you are using premium fuel that will give you optimal energy. Most nights I find myself dancing around my kitchen because I'm beaming with energy and gratitude for the beauty of life.

**Lose weight** A vegan diet will help with weight control. It is hard to get fat, or stay fat, on a sensible vegan diet. Many types of vegetables, grains, legumes and soy foods are very filling, yet have little or even no fat. They give you a sense of fullness that keeps the body fueled and fulfilled for hours. Plant based foods are low in calorie compared to processed food and animal products that are laden with fats and chemicals. When you eat natural foods your body will easily lose the extra pounds that may be weighing you down.

Here is one of the recipes you will find inside

### Oven Roasted Potatoes with Italian Herbs

Prep time: 10 minutes  
Cook time: 30 minutes  
Yield: 4 serving

**Ingredients**

- 3 cups diced red skin potatoes
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Pepper, to taste

**Directions** Heat the oven to 400 degrees. Arrange the potatoes in a single layer on a baking sheet and sprinkle the potatoes with the dried basil, the oregano, the garlic powder, the pepper, and the paprika. Bake for 25 minutes.

**Nutritional Information Per Serving:** Calories 86 - Fat 0g - Carbohydrates 19g - Fiber 2g - Protein 2g - Sodium 46mg

**Quick Tip:** Brown rice, pasta, oatmeal, and sweet potatoes are a few of the foods that are some of the healthiest options for fiber, iron, and protein.

Here are the recipes you will find inside

### BREAKFAST IDEAS

- Pumpkin Oatmeal Recipe
- Creamy Polenta
- Healthy Chickpea Pancake

### SUPER SANDWICH IDEAS

- Mushroom Burgers
- Pinto Bean Sloppy Joes
- Black Bean and Spinach Burgers

### SALADS

- Vegan Potato Salad
- Quinoa and Black Bean Salad
- Raw Kale Salad
- Juicy Fruit Salad
- Quinoa Salad with Toasted Almonds

### SENSATIONAL SOUP RECIPES

- Vegetable and

Barley Soup  
Chilled Cantaloupe Soup  
Curried Apple Soup  
MAIN DISH RECIPES  
Spinach and Mushroom Pilaf  
Mashed Potato Burritos  
Eggplant and Tomato Pasta  
Mushroom Ragu  
Black Bean Chili  
Sweet Potatoes  
Asparagus and Chickpea Casserole  
Oven Roasted Potatoes with Italian Herbs  
Three-Bean Chili  
Black Bean Stew with Rice  
SNACKS AND DIPS  
Apricot Chewies  
Smoky Black Bean Dip  
Stuffed Okra Fingers  
Black Bean Chili Dip

## Book Information

File Size: 2610 KB

Print Length: 68 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 23, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0173PG3O6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #847,271 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Vegan #181 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #3011

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## Customer Reviews

I do not use. I found I do not like trying to use eBook recipe resources because it is hard to see all the information and keep the device in my kitchen. I am always afraid I will accidently drop it or get it very dirty. I would rather print out a recipe and follow it that way.

As someone just beginning in the world of veganism, this recipe book is an excellent place to start while searching for meal ideas. It is helping me with healthy recipe ideas for any meal of the day. The preparation and directions are easy to follow. I think it'd be great to see photos included, as well. Nice job, Ella Eats!

This recipe book is brilliant for people who like to make tasty, quick and healthy meals. What's important to me is that the writer didn't add any extra salt and oil so this makes you taste the real flavours of the ingredients. The recipes also have information about the prep time, serving volume and the calories per serving which is very handy for people that look at their daily calorie intake and to make sure to have enough energy.

Can't think of a better tool to use when making the transition to a Vegan diet. As someone who struggled finding recipes to make when I was making my transition, I wish I had this book then! Definitely recommend this.

Helps to make veganism achievable in modern life. These quick and easy recipes are laid out for the reader in a simple, easy to follow format. The addition of quick tips is a fun touch! Included in the book are recipes that strive to maintain a life-force quality of ingredients, while also being delicious and filling. Highly recommended.

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