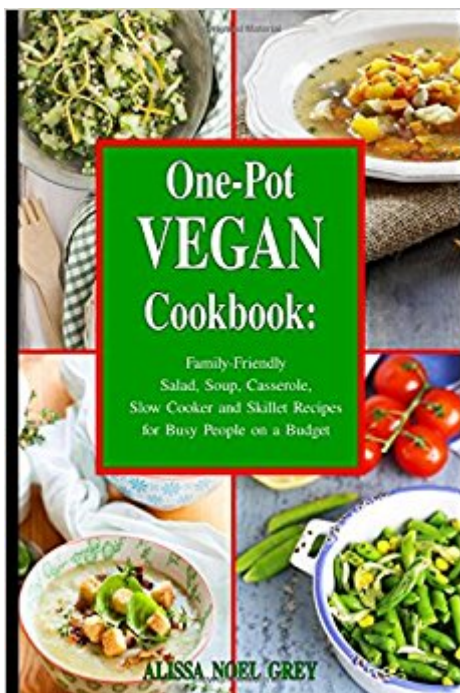


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# One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker And Skillet Recipes For Busy People On A Budget (Vegan, Vegan Cookbook, Vegan Recipes)



## Synopsis

Top 60+ No-Stress One-Pot Vegan Dinners - Spend More Time Enjoying Your Meal And Less Time Cleaning Up! From the author of several bestselling cookbooks, busy mom and fitness enthusiast, Alissa Noel Grey comes a great new collection of delicious, easy to make vegan family recipes. This time she offers us 60+ heartwarming one-pot dishes full of superfood vegetables, legumes, nuts and aromatic herbs that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget is an invaluable and delicious selection of amazing 30 MINUTE vegan recipes that will drastically improve your health and please everyone at the table! If you're looking for delicious everyday vegan recipes to help satisfy your family and your budget, this cookbook is for you. And because we all want to be fit and healthy, at the end of this cookbook you will find a \*\*\*FREE BONUS GIFT - 25 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss!\*\*\*

## Book Information

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## Customer Reviews

Yummy recipes that didn't taste VeganGreat cookbook for both those just getting into the vegan lifestyle and for the old pros. Healthy, colorful and easy to prepare recipes. The pictures were vibrant, the flavors spot on and even fooled some of the carnivores in the house! Looking forward to trying more recipes very soon. Delicious and super easy. I'm not a

vegan, but this has allowed me to ease into a diet with more options for healthier choices. Looks Good This has some recipes that I'll probably try this fall and winter. Pretty good collection but several recipes called for ingredients I probably can't buy at my rural grocery store.

One pan, pot, skillet, or slow-cooker is all you need to prepare these no-fuss vegan family dinners. For a hearty meal that requires minimal clean-up, one-pot recipes are perfect for weeknight suppers. And while it may seem time consuming to prepare real food at home, you will soon discover that you can cook a balanced, nutritious one-pot dinner in the same amount of time you'd need to order a takeout. From soups and stews, to simple casseroles and one-pot pasta dishes, all you need to do is simply prepare your favorite vegetables, legumes or grains, throw them together with some superfood herbs and spices in a single pot, skillet or slow cooker and relax until it's time to serve- it doesn't get easier than that!

This has some recipes that I'll probably try this fall and winter. Pretty good collection but several recipes called for ingredients I probably can't buy at my rural grocery store.

Great cookbook for both those just getting into the vegan lifestyle and for the old pros. Healthy, colorful and easy to prepare recipes. The pictures were vibrant, the flavors spot on and even fooled some of the carnivores in the house! Looking forward to trying more recipes very soon.

Liked the variety and ease of making the recipes. Nice to have meatless meals for a change.

Delicious and super easy. I'm not a vegan, but this has allowed me to ease into a diet with more options for healthier choices.

Filled with good ideas.

great resource

Amazing!

Every recipe calls for 3 tablespoons of olive oil!!! I can leave it out but how is that healthy? Half the recipes are soup, the rest are stews with a couple of rice dishes. All of the "bonus" recipes are

smoothies. I bookmarked one recipe. That was an expensive recipe.

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