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Vegan Soup Cookbook: Delicious Winter Warming Vegan Soup Recipes to Soothe Your Soul (Paperback)

By Karen Braden

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm.

Language: English . Brand New Book ***** Print on Demand

*****.THIS WINTER SEASON ENJOY EASY AND DELICIOUS VEGAN SOUP RECIPES THAT WARM YOUR SOUL This Vegan Soup Recipe book gives you over thirty reasons to go vegan this upcoming fall and winter. Wrap yourself in your nearest blanket, position large (holiday-inspired) socks on your feet, and create these stunning vegan soup recipes for your friends and family. Soup truly brings people together. It warms you from the inside out and helps you feel full and content when you re looking to eat just a little bit less (even if it means you re saving room for vegan cookies later). Furthermore, this book outlines several different vegan recipes: from cream based soups to chunky soups, from lentil-based soups to chilled soups (for next spring and summer, of course). The benefits of going vegan are absolutely amazing: from reducing your saturated fat intake and thus reducing your risk of heart attack and stroke to fuelling you with appropriate amounts of minerals and vitamins to get you through flu season. The wonders of the vegan soup recipes commence...



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