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Vegan: Vegan Dump Dinners-Vegan Diet on a Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals for Two) (Paperback)

By Jack Green

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Rawsome Vegan Dump Dinner Meals All recipes are based on a vegan-vegetarian Lifestyle: whole-food plant-based Avoid all meat contains vegetable fruits, whole grains legumes Excludes/minimize: bleached flour refined sugar oil eggs Dairy Here s a glimpse of the recipes: spicy chickpeas bean oat chili black garbanzo bean curry vegetable Chinese barbecued tofu fiesta baked beans indian rice pudding dirty chai curried vegetable chickpea stew tofu in pineapple bbq sauce bean cornbread casserole muesli sin-cinnati chili.



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