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The flavours are both down-to-earth and fun  
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perfect for busy families and cooks who want delicious vegetarian food."?Dr. Janet Malowany, physician and food blogger at The Taste Space (tastespace.ca) "Lisa Turner's book, The 30-Minute Vegetarian Cookbook, is an awesome book for pros and beginners. Being vegetarian you worry about protein intake, but Lisa has addressed that, too.

~~The 30 Minute Vegetarian Cookbook: 100  
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This Instant Pot-focused cookbook gives you 80 great vegan recipe ideas to put this appliance to work. Make meals like creamy mushroom curry with brown basmati rice pilaf, herbed French lentils with beets and pink rice, and tres leches-inspired dessert tamales. The 10 Best Instant Pot Cookbooks of 2020 Continue to 5 of 8 below.

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The Runner's World Vegetarian Cookbook.  
Author: Runner's World, Edited By: Heather Mayer Irvine . The Runner's World Vegetarian Cookbook is a combination of performance-

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boosting recipes to maximize performance with easy, delicious, and quick meals. This cookbook contains 150 recipes sourced primarily from Runner's World magazine. The

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But popular vegan chef and winner of the Food Network's Cupcake Wars Chloe Coscarelli says it's time to rethink Italian food with a vegan twist. In this cookbook, Coscarelli rethinks traditional Italian fare, making everything healthy, totally vegan, and even more delicious than the originals.

## ~~15 Of The Best Vegetarian Cookbooks, Tried and Tested by a ...~~

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The 7 Best Vegan Cookbooks for Delicious

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Plant-Based Cooking and Baking [lifestylestrong.com](http://lifestylestrong.com)  
– Tiffany Ayuda. If you've been mulling over the idea of going vegan and don't know where to begin, stocking up on a few cookbooks is a great place to start.

## ~~The 7 Best Vegan Cookbooks for Delicious Plant Based ...~~

Minor quirks aside, this is a best-selling vegetarian cookbook with hundreds of chef-inspired recipes suitable for numerous types of meals, occasions, and cooks. Packed with 700 recipes for making everything vegetarian, from soups to side dishes and snacks to main courses. Includes numerous gluten-free and vegan recipes.

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Best Vegetarian Cookbook: Quick, healthy, and delicious vegetarian and vegan family recipes  
Quick, healthy, and delicious vegetarian and vegan family recipes. Celeste Wilson. 2.9 • 35 Ratings; \$0.99; \$0.99; Publisher  
Description. I first became a vegetarian when I was 16 years old. When I was a teenager the only vegetarian foods around were ...

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For those who are living the vegan or vegetarian lifestyle, you likely already understand the importance of getting enough vitamins like vitamins B12 and D, along with

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adequate amounts of iodine, iron, calcium and zinc. You are likely getting enough protein because vegan-friendly protein food sources and supplements are abundant.

~~Home | Vegetarian Times~~

Cooking vegan dishes doesn't mean you have to sacrifice taste or variety. We will give you ways to prepare not only traditional dishes such as felafel or black & white bean soup but also "non-traditional" ones (dishes not commonly thought of as vegan) as well such as broccoli soup or fajitas. Continue reading ?

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14 best vegetarian cookbooks. It's a great time to be a veggie, and these new releases, packed full of diverse and delicious recipes, prove it

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Below, you'll find wholesome vegan meals made with affordable and protein-rich whole grains, beans, and nuts. You'll also see plenty of fresh, colorful produce, and occasionally some tofu. No funny meat substitutes here. As a vegetarian, a lot of my recipes happen to be vegan, or would be if I simply left off a sprinkle of cheese or a fried ...

~~29 Delicious Vegan Dinner Recipes — Cookie~~

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Grab Instant Pot Recipes VEGAN & VEGETARIAN Cookbook today, and start enjoying cooking again! With the vegan recipes in this book, you can inject some excitement back into your diet with food that is easy to prepare and tastes awesome. Are you a vegetarian? Maybe you love veggies or you just want to start including more veggies in your diet.

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Read "Best Vegetarian Cookbook: Quick, healthy, and delicious vegetarian and vegan family recipes" by Celeste Wilson available from Rakuten Kobo. I first became a vegetarian when I was 16 years old. When I was a teenager the only vegetarian foods around were boring ...

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