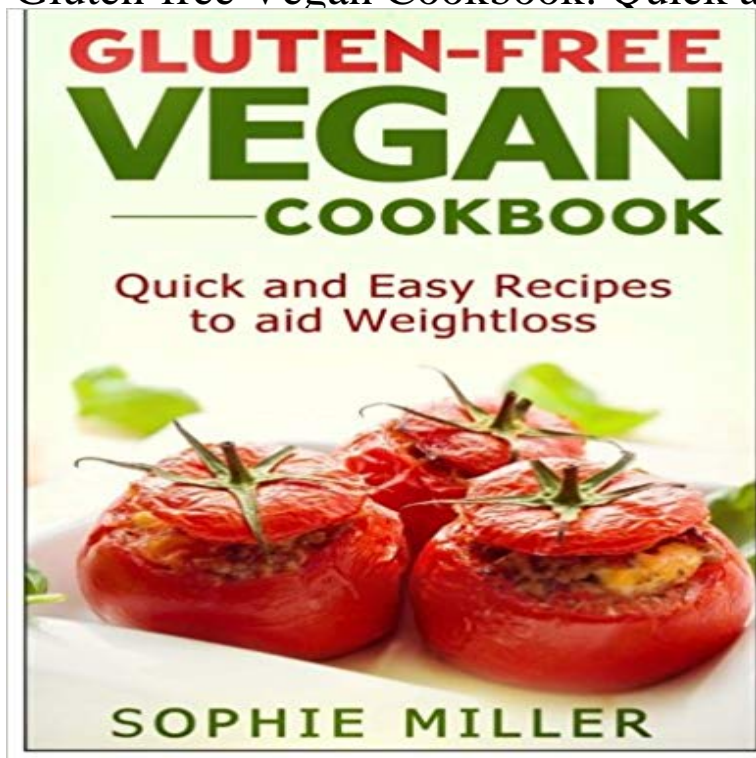


Gluten-free Vegan Cookbook: Quick and Easy Recipes to aid Weightloss



Best selling author Sophie Miller brings us her second Gluten-free Vegan Cookbook with even more exciting and mouth-watering recipes. Even if you are already familiar with either the gluten-free or the vegan diet, you may still need some time to get used to the combination of the two. The recipes in this book will help you to see that just because you are eating gluten-free and vegan doesn't mean that you have to give up your favorite tasty foods. You can still enjoy your breakfast favorites like pancakes and muffins as well as hearty lunch entrees like cream of cauliflower soup. For dinner, you can enjoy everything from quinoa burgers to eggplant parmesan. Included in this book: Benefits of a Vegan Diet Benefits of Gluten-free Diet Tips to aid weightloss on these diets 12 Bursting with flavor breakfast recipes 12 Luscious lunch recipes 12 Delectable dinner recipes You need this book in your life!

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