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

By Jack Green

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

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*****. Rawsome Vegan Dump Dinner MealsAll 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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Reviews

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