



# **Vegan Cookbook Box Set (2 in 1): Slow Cooker & Vegan Recipes for a Healthy Clean Eating (Vegetarian Slow Cooker)**

*Jessica Meyer, Bobbie Myers*

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## **Vegan Cookbook Box Set (2 in 1)**

### **Book One: Only Vegan: Vegan Recipes for Healthy Living & Clean Eating**

Vegan eating is a way of getting yourself healthy, managing your diet and more. It's a way that you can help protect the planet and most definitely the animals that live on it. There are many reasons that people become vegan and we'll talk a little about those in this book. What we're going to focus on however, is what it really means to be vegan and why this is something that you're going to want to get started on yourself. After all, that's why you're reading this book right?

#### **Inside You Will Learn:**

- What is a Vegan Diet?
- What's the Difference Between Vegan and Vegetarian?
- What Are Some Great Vegan Dishes to Try With Your Family?
- Why Do People Choose to Be Vegan?
- And Much More

You definitely don't want to wait on this one. Instead, make sure that you're getting started with a vegan diet of your own right now by checking out this book. You will definitely be glad that you did when you realize the great benefits.

### **Book Two: Slow Cooker Recipes for Vegetarians: 35 Easy, Hearty and Meatless Meals for You to Enjoy**

Staying fit and being a vegetarian does not have to be dull and bland, because it can also be delicious, healthy and cooked with love.

Are you ready to experience a new way of cooking delicious, hearty and healthy vegetarian meals?

People have been following different eating practices and lifestyles in general. There are those who eat meat and fresh produce, while there are those that pescetarians (people who just eat fish and seafood), vegans (those who have axed meat, dairy and animal products from their diet), and there are those referred to as vegetarians (these are people who do not eat meat, fish and seafood, but eat fruits, vegetables and does not abstain from the consumption of dairy products such as milk, eggs, cheese and butter).

Now, when it comes to food preparation, those whose diets or eating lifestyle is somewhat restrictive and limited in terms of the ingredients they can use and the way they can cook their meals.

If you are a vegetarian or a vegan with several levels of restrictions in your food ingredients, you will also feel that you do not have a whole lot of options when it comes to how you cook your food. This book aims to really make cooking and eating easier and more versatile through the art of slow cooking. Yes! Slow cooking is a manner of cooking meals that require slow and sometimes long processes to infuse more flavors and this can also be used by vegetarians when preparing their meals.

### **With this book, you will learn:**

- That healthy food should not be blanched, blended, stir-fried and eaten raw. It can also be slow-cooked!
- Vegetarianism should not restrict readers from trying out new ways to prepare or cook their food.
- Slow cooking is perfect for any type of diet or lifestyle.
- How to officially convince you that slow cooking can be used to make healthy, hearty vegetarian meals.

## **Top Reasons for Downloading this Book**

Through downloading this book, you will have a clearer understanding of how slow cookers work and how you can use this cleaning process to your advantage. This book can also serve as your easy to follow cookbook which contains simple, healthy, hearty and delicious slow cooker recipes to suit your vegetarian diet any day. After reading this book, you will feel more convinced and ready that ever to stay healthy, take on the slow cooker challenge and whip up or simply put together new vegetarian recipes that you can make at home to serve your family as well.

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#### **Christi Potter:**

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#### **Roxie Lloyd:**

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#### **Lisa Madruga:**

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