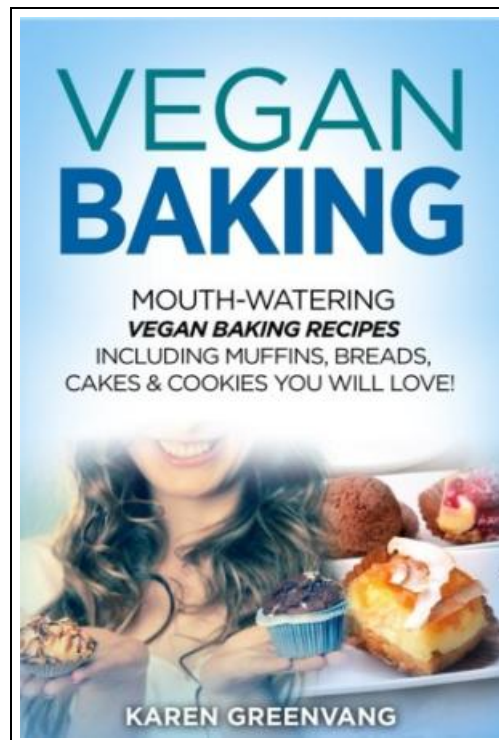


Vegan Baking: Mouth-Watering Vegan Baking Recipes Including Muffins, Breads, Cakes Cookies You Will Love! (Paperback)



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Reviews

This ebook will be worth acquiring. It is actually writter in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.
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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Boost Your Health and Achieve Optimal Wellness with Delicious, Nutritious Cruelty-Free Vegan Baking Recipes.YUM!!!! TOTALLY GUILT-FREE! You are just about to discover a myriad of super tasty, 100 vegan baking recipes that are jump-packed with nutrition and will help you get the body energy you want. Are you a demanding vegan (or wish to become one)? -Are you sick and tired of pseudo vegan recipe books that promote honey or whey protein powder and eggs? (brrr.) -Are you looking for quick and effective solutions to enjoy your vegan lifestyle and boost your nutrition so that you stay energized, happy and in great shape? If the answer yes- you have just found a simple solution. This collection of vegan baking recipes is free from highly refined carbohydrates, highly refined sugars and dairy. Raw, natural ingredients that are free from preservatives and additives, allow you to still enjoy baked treats while taking care of your body from within. The muffin recipes include a Rooibos tea infusion. Rooibos tea has become known world-wide for its anti-oxidant rich health benefits. It is also high in minerals and is known to promote healthy skin and hair. The anti-inflammatory properties of Rooibos helps prevent heart related illnesses. It is also known to relieve hypertension, aid the digestive tract and help in the treatment of insomnia. The Vegan Baking Recipes Include: -Yummy muffins -Easy cakes -Irresistible cookies -and Nutritious Breads They are designed to give your body and mind optimal nutrition so that you can create a new, stronger and healthier version of yourself. At the same time they will also help you satisfy your sweet tooth--yum! Each Recipe from Vegan Baking Includes: -easy and informative instructions +...

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