



Vegan Slow Cooker Cookbook: Easy and Healthy Vegan Crock Pot Recipes (Paperback)

By Sarah Spencer

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Following a vegan diet has never been this easy! With the help of your slow cooker, prepare delicious vegan meals in no time that your family will love and ask for again and again! Many follow the route of the vegan diet and for good reasons. Along with the clear weight loss or weight management benefits, the vegan diet has many health benefits such as helping out with sugar levels and your kidney, preventing heart diseases and reducing inflammation like arthritis. Paired with the convenience of the slow cooker, as well as also their health benefits, it s easy to see that this is a match made in Heaven. The slow cooker saves time in the kitchen, is budget friendly and make the whole house smell so good. The pleasure of coming home to a home cooked meal ready to eat when you are is a life saver in the fast paced environment we live nowadays. Best of all is that even the pickiest eaters will love the delicious kitchen tested recipes included in this collection. In this book, you ll find:...

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