


[DOWNLOAD](#)


Healthy, Happy, Thin and Cool as a Cucumber A Vegan Cookbook and Diet Guide

By Richarde

Mint Leaf Publishing. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.8in. x 5.9in. x 0.4in. Want to lose weight, save the environment, help animals or get ripped muscle without eating meat? Forget about being witchy, or female for that matter! Cool as a Cucumber is a co-ed vegan book encouraging positivity without preaching. Before the cookbook begins, read conversational style advice from real life vegans, including two athletes and gynecologist Dr. Sara Gottfried, without getting too preachy. Learn tips and tricks and how you can adjust your own transition into a vegan diet, or if you are already vegan, sit back and enjoy the discussion. Next, start cooking with hundreds of recipes. Classic vegan dishes sample chickpeas, tofu, plenty of fruit and vegetables and healthy staples, but the fun really comes in when you cheat a bit on your healthy living. You can't believe its vegan recipes really mix things up! Desserts include French Dessert Crepes, Date Carrot Cake, Chocolate Hazelnut Donuts, Fig New-Tons, Pumpkin Spice Ice Cream, Soy Milk Chocolate Peanut Butter Cups, Hearty Cheesecake and the Russian Poppyseed Dessert Roll. Replicate meat and fish with vegan versions of Chilean Sea Bass, Pulled Pork BBQ, Mississippi River Shrimp Sticks,...



[READ ONLINE](#)

[4.24 MB]

Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in starting reading this one. Your lifestyle span will probably be converted once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. It was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book I actually have studied inside my personal life and can be the best ebook for actually.

-- Frank Nienow