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The 100 Best Gluten-Free Recipes for Your Vegan Kitchen: Delicious Smoothies, Soups, Salads, Entrees, and Desserts

By Keough, Kelly E.

Ulysses Press. PAPERBACK. Book Condition: New. 1569758727
Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your Order & Quickly Ship It. - Jer. 3:15 - And I shall give you shepherds according to My heart, and they shall feed you with knowledge and understanding. - DELICIOUSLY ANIMAL-FREE GLUTEN-FREE Being vegan is a culinary challenge, especially when you are avoiding gluten. This book shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen. These mouth-watering recipes draw on the best natural animal and wheat substitutes to create savory and sweet favorites, including: * Banana Walnut Pancakes* Blueberry Cornbread Muffins* Maple-Glazed Oatmeal Scones* Blueberry Protein Smoothie* Lotus Chips with Hummus* Cheddar Cheese Nut Sauce* Pad Thai Salad* Cream of Butternut Squash Soup* Hot Tamale Pie* Chick Coconut Curry* Lentil Loaf* Manicotti in Marinara* Cashew Alfredo Sauce* Polenta Pizza* Lemon Chiffon Pie* Chunky Peanut Butter Cookies* Chocolate Carob Brownies* Red Velvet Cupcakes In addition to 100 tasty treats, you'll find advice on stocking your kitchen with gluten-free vegan basics, tricks for quicker and easier preparation, and tips on how to save money...



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Reviews

Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.

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Simply no phrases to spell out. It is probably the most remarkable pdf i have got read through. I am delighted to inform you that this is actually the greatest publication i have got read within my very own existence and can be he very best book for actually.

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