



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

By Keough, Kelly E.

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Feed My Sheep Books: A Family Ministry, Competing For YHWH  
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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-FREEBeing 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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