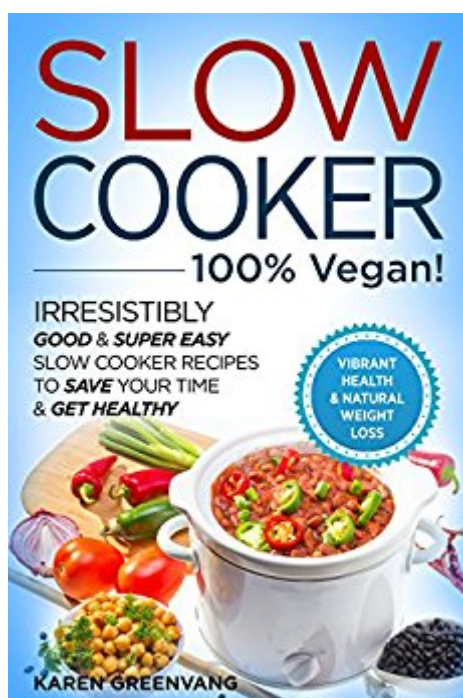


The book was found

Slow Cooker: 100% VEGAN!: Irresistibly Good & Super Easy Slow Cooker Recipes To Save Your Time & Get Healthy. (Slow Cooker, Crockpot, Crockpot Recipes, Vegan Slow Cooker)



Synopsis

Irresistibly Good & Super Easy 100% VEGAN Slow Cooker Recipes to Save Your Time & Get Healthy!! I know how difficult it is to stick to a healthy lifestyle, especially when you want to keep it vegan and are new to it! Not to mention that you simply don't have enough time to slave away in the kitchen. But don't worry because with this vegan slow cooker cookbook we got you fully covered! The safety and low energy consumption of a slow cooker means that you can prepare the ingredients of a dish the night before and place everything in your slow cooker first thing in the morning before leaving for work and your meal will be ready when you walk in the door at the end of the day. Of course, the slow cooker can also be left to create culinary magic overnight, allowing you to wake up in the morning to a delicious hearty breakfast or even a take-away lunch.

Yummy! Here's What You Are Just About to Discover: -healthy nutritious breakfasts that will kick start your day and save you time out of your morning rush -tasty lunches that will pick you up in the middle of the day -wholesome comforting soups will get you through the late afternoon and keep you going on until dinner where we will have some hearty, options to satisfy any type of hunger all night! All these recipes are one hundred percent vegan and focus on using ingredients that are of the highest nutritional value. They are also easy to prepare, giving you all the inspiration you need to consistently make healthier meal choices with little effort while staying true to your very important lifestyle choice of the vegan way. You Will Enjoy Healthy & Tasty Vegan Recipes That Are Ridiculously Easy to Make! Let me just mention a few...: -Chocolatey Oat Bran with Hazel Nuts and Strawberries -Apple Pie Oatmeal with Raisins, Almonds and Coconut Cream -Carrot Cake • Oatmeal with Pecan Nuts and Coconut Cream -Coconut Butternut Squash Soup with Cashew Nuts -Tofu Curry with Pineapple and Cashew Nuts + many many more! Regardless of how full your daily schedule looks, you can still enjoy healthy vegan friendly meals because with a slow cooker! You will never get bored with them and all you have to do is throw together the ingredients in the pot, put it on the right settings (just follow the easy instructions inside) and leave it alone while you go about your day! What are you waiting for? Grab your copy now and discover a simple, vegan crockpot system that will put your vegan diet & lifestyle on autopilot so you don't have to waste endless hours in your kitchen, you can enjoy your meals and feel relaxed and confident that you're moving rapidly towards your best health and body ever!

Book Information

File Size: 2782 KB

Print Length: 95 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 2, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DSEFPQS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #130,225 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #119 inÂ Books > Cookbooks,

Food & Wine > Cooking Methods > Cooking for One or Two #159 inÂ Kindle Store > Kindle

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Customer Reviews

I love slow cooker recipe meals. They are delicious, healthy and most important easy to make. I have yet to try Vegan recipes. Although I enjoy adding a little green in my meals I am not confident I can do 100% Vegan. This book has helped me enjoy Vegan recipes without the pressure of time. I loved the recipe: Coconut Butternut Squash Soup with Cashew Nuts it surprisingly tasted good and even my family loved it!

This cookbook give ideas to get you started cooking vegan in the slow cooker. I like this book compare to others, it was highlighted a vegan diet for slow cookers that focus on beans, nuts and vegetables. I liked it!

Slow cooking has proven to be much healthier than ordinary cooking because slow cooking allows the vegetables and other ingredients to keep their useful nutritional essence which are needed by our bodies. This book is a great help and guide for me, it got me acquainted with slow cooking and the basic ingredients needed in preparing any slow cooking dish. It contains many tips and tricks that would make it easier to prepare a very wonderful dish which are healthier and tastes better than similar recipes prepared by ordinary cooking. It is nice having this book to give us plenty of ideas and easy to follow instructions on what to do.

This book contains fantastic slow cooked vegan recipes for breakfast, lunch and dinner, especially put together for busy people that want to start the day right with a healthy breakfast and come home to a delicious and hearty meal. Recipes are very well laid out and included some inviting photos which is for me the most important part of a cookbook, as cookbooks without pictures are pretty bland and boring.

I've been collecting a few E-recipe books and this one so yet stands out the most out of them because there is a brief, yet informative description for each meal and its recipe. There are 4 parts in total for all recipes, which is breakfast, lunch, and dinner, with a bonus content of smoothie recipes. The smoothies are a great choice for a healthy diet. In fact, one of the books I read is about detoxifying for 3 straight days, I might try combining the smoothie recipes in this book to the other ones I've collected for bigger selection on healthy drinks. If I could recommend, try the Ratatouille dish, it comes in different variants. I've got to admit, I'm not a vegan, but after reading the recipes in this book, I might indulge myself in several days of healthy vegetarian meals!

A handy guide to follow with some great and easy recipes. I agree with the author that a slow cooker is a great invention. The recipes in this book were all delicious and healthy at the same time. The ingredients were easily available and the guides were easy to follow. The author really researched and compiled these recipes in a way it's presented in a straight forward manner.

I have made many of the recipes in this book. My family has loved them all. Full of simple, tasty recipes. The bulk of the book is slow cooker recipes. All recipes here are easy to prepare and cooked Ingredients can be easily found in groceries. Highly recommend this book.

If you're looking for a bunch of delicious gluten free vegan recipes, buy this book! In this book you will learn a lot of delicious gluten free vegan recipes; the instructions on how to prepare those recipes are very easy to follow and understand, what I like more about this book is. It is detailed, concise and well written; kudos to the author!

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