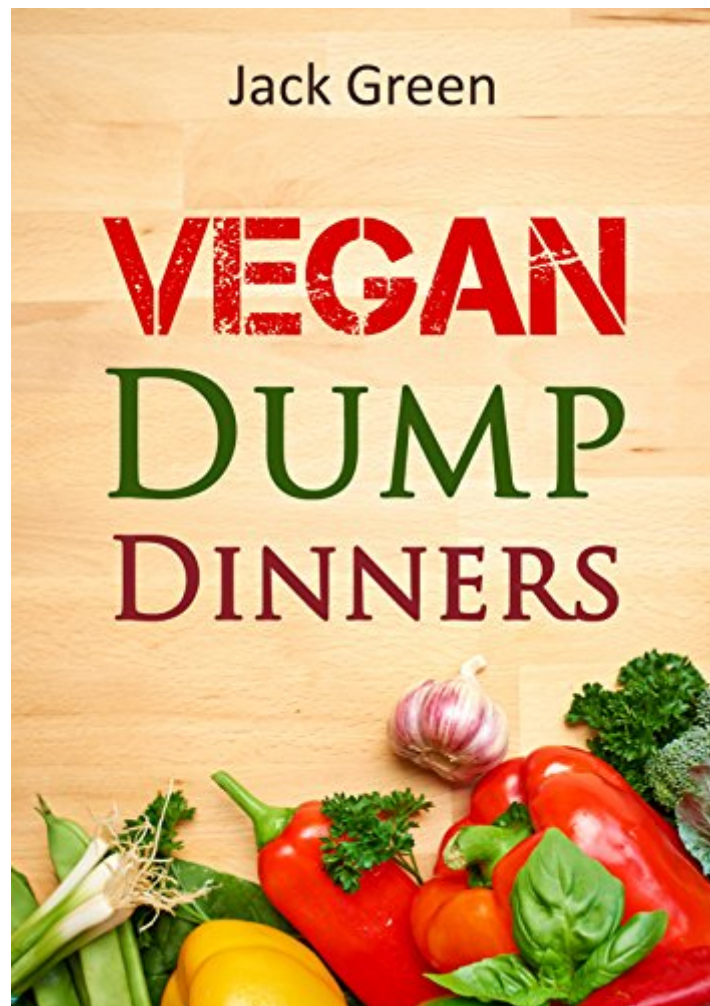# Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan Recipes,vegetarian ... Protein,low Fat,gluten Free,vegan Recipes)

Synopsis

Rawsome Vegan Dump Dinner MealsWelcome to a collection of flavorful vegan recipes that are all strictly plant-based. Inside you will see various types of recipes that can all be made with your favorite kitchen appliance whether its a cast iron,crockpot,or pressure cooker. A very important factor in everyone's diet is eating clean meals without losing taste and texture,especially with a plant based diet.Vegan Dump dinners not only keeps the recipes dairy free and meatless its shows how everyday herbivore meals can be enjoyable and diverse on an everyday basis. Witness a long list of diversified meals filled with essential vegan dietary needs that will power you through the day.Excludes/minimize:bleached flour refined sugar oil eggs Dairy Here's a glimpse of the recipes:spicy chickpeas bean &oat chili black garbanzo bean curry vegetable & Chinese barbecued tofu fiesta baked beans indian rice pudding dirty chai curried vegetable & chickpea stew tofu in pineapple bbq sauce bean & cornbread casserole muesli sin-cinnati chili

Book Information

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Customer Reviews

The recipes I've tried so far from this book (and I'm an experienced cook) have not tasted like much of anything. I've wound up throwing entire dishes out after my husband refused to eat an entire

serving (I found them equally unpleasant). Waste of my time, waste of food and waste of my money. It was only $2.99, but I'm annoyed that I even paid that much. There are many other Kindle recipe books that are much better. I suggest going elsewhere.

so far I have only tried the lentil soup. Wonderful:)Instead of preparing in the morning for dinner, I prepared it the night before and "dump" it into the slow cooker and the next morning I have a warm and protein packed breakfast.

I have been a vegan for a while now but I have been having trouble because I have gotten busier lately and needed some quick cheap vegan meals . This book was just what I needed because It has many great quick and cheap vegan recipes. I definitely recommend this great book!

This book was very disappointing. So many of the recipes seemed to repeat themselves. There were at least three recipes for a lentil soup that were almost identical, for example. Don't waste your time or money.

I have been a fan of dump dinners for a long time. At first I was quite hesitant considering the name itself "dump" but after I got the concept of it I have not stopped using dump dinner recipes especially when the need arises. I was a little curious about this book wanting to add some healthy more nutritious meals to our diet. I loved the recipes in this book especially the vegetable & Chinese barbecued tofu and the fiesta baked beans. Absolutely delicious!

I purchased this book for my wife so she can cook Vegan recipes. Weâ ™re really glad to have this because thereâ ™s a lot of healthy recipe to choose from. My wife cooked black garbanzo bean curry and bean & cornbread casserole and we all loved it. Even the kids enjoyed eating it. I canâ ™t wait to try the other recipes in this book. Thanks to the author for sharing this recipes.

This is the best material on nutrition that I have ever read. Excellent book covering every little nook and cranny of vegan nutrition. The best feature of this book is that the author is unbiased with the information he shares, and he truly have his readers' health as his primary interest. Great recipes, some of the best dump dinners I have ever tried. I do recommend.

I really like this book because it offers a wide variety of recipe choices of Vegan diet. You can try the

recipes in a slow cooker, Crockpot and even quick meals which is right for me because Iâ ™m a busy man. The author gave the instruction very clear and the recipes are all mouth-watering. I really like this book.

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