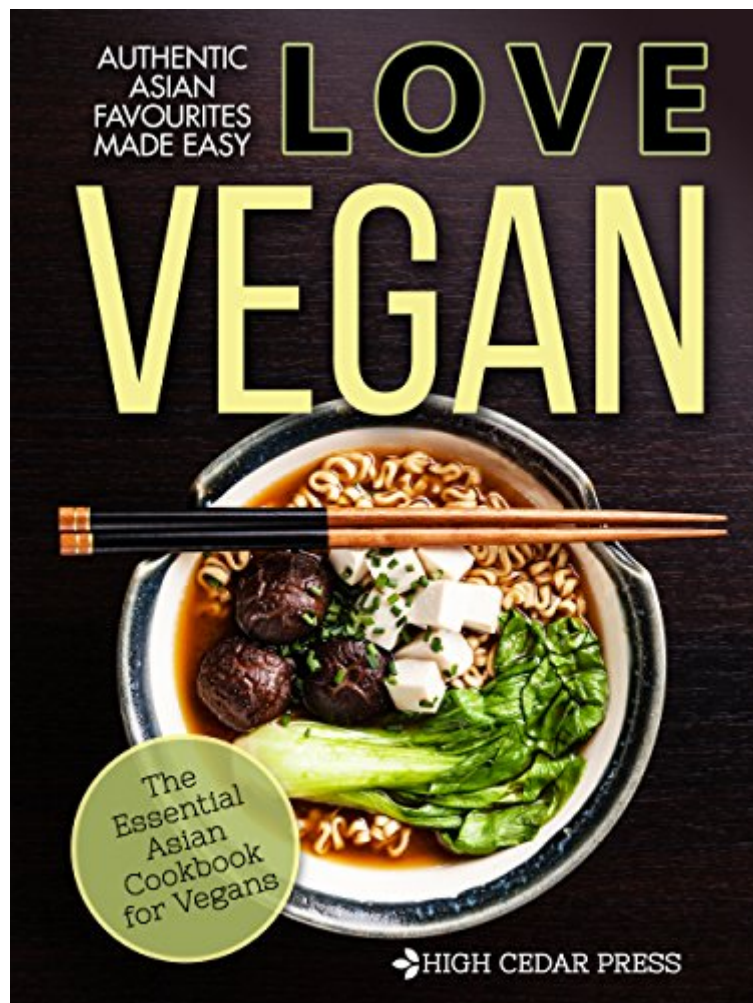


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# Vegan: The Essential Asian Cookbook For Vegans: (+ FREE BONUS BOOK!) (vegan, Vegan Diet, Vegetarian, Gluten Free, Superfood 3)



## Synopsis

Discover Simple, Everyday Vegan Meals Inspired by Authentic Asian Flavours Asia is home to a wide range of regional cultures and this diversity is reflected in its cuisine. **Love Vegan: The Essential Asian Cookbook for Vegans**™ incorporates authentic dishes from all over the East so you can enjoy vegan versions of your favourite meals at home. All dishes can be prepared in 30 minutes or less. Each recipe has been carefully tried and tested to retain an authentic taste and texture. Recipes are focused around simple, straight-forward ingredients found in your pantry or easily sourced at your local supermarket. Suitable for vegans, vegetarians or meat eaters looking to reduce their meat intake. A delightful and tantalizing Asian vegan food journey awaits you in the recipes within this book. Whether you are a vegan, a vegetarian or a meat-eater looking to reduce the amount of meat in your diet, this book will inspire you to cook authentic Asian dishes every night of the week. Try These Easy & Exotic Asian Vegan Recipes Today... Traditional Pad Thai, Teriyaki Sweet Potato with Cauliflower Rice, Vietnamese Pho, Malaysian Panang Curry, Kung Pao Chickpeas, Chinese Steamed Buns, Japanese Gyoza, Thai Cashew Coconut Rice, Coconut Crusted Tofu Bites with Creamy Thai Green Sauce, Ginger-Infused Japanese Rice Pudding. And Many More Mouth-Watering Dishes!\*\*\*\* For a limited time only you can enjoy **The Ultimate Chocolate Vegan Mug Cake Cookbook**™, absolutely FREE!\*\*\*\* Download Your Copy Now and Start Cooking Easy & Delicious Asian Vegan Dishes Today! Available To Read On All Kindles, Smart Phones, PC's, Macs & Tablets. Read this book for FREE on Kindle Unlimited. Check Out What Others Are Saying..."This is a beautiful cookbook. This cookbook provides wonderful descriptions of spices, and how to blend your own spice mixtures for a fresher-authentic flavor. As a vegan eater, I tried to avoid or limit my intake of gluten and this cookbook has been a wonderful compliment to my healthy eating habits. Recipes are quick, easy to follow and really delicious." - Susan Green "Just look at the list of mouth-watering recipes in this book. I was surprised by the number of recipes in this book - so many to choose from. I personally love the Sweet Potato with Cauliflower Rice - definitely hooked!" - MommyD "Although I am a vegan, I do not know how to prepare different kinds of vegan recipes. Luckily, a friend of mine introduced this book to me and I decided to buy this book; with the help and use of this guide I've learned a lot. Most of the recipes are simple and inexpensive but very delicious and tasty as well." - Makasta Vhu "This book was very informative when it comes to the different benefits of eating healthy. My family really enjoyed the different recipes. The Miso soup recipe was very tasty." - Samuel Dunbar Tags: vegan, vegetarian, vegetarian cookbook, vegan cookbook, vegan recipes, vegetarian recipes, dairy free, vegan diet, lactose free, egg free, asian cookbook, milk allergy, lactose intolerance, non dairy, thai cookbook, thai recipes, clean eating, raw diet

## Book Information

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## Customer Reviews

I am not a vegan, but I love vegetables and love dishes made out of them. Try These Easy & Exotic Asian Vegan Recipes Today...I have written down several recipes and will try them: Teriyaki Sweet Potato with Cauliflower Rice, Kung Pao Chickpeas, Coconut Crusted Tofu Bites with Creamy Thai Green Sauce and Ginger-Infused Japanese Rice Pudding!!!Great!

Vegan in an Asian way of cooking is pretty much unique for me. I always encounter vegan food but they only use the western cooking style and I find it repetitive and having this kind of book is heaven. Though I'm not a vegan but I truly appreciate their health benefits and their advantages to our body. And most of the time I find it very delicious and mouthwatering. I can't wait to try all the recipes in this book, it all looks very delicious!

The book is introducing some new recipes with the diversity of culture that is being displayed in this book with the main factor of the preparing the dishes in less than 30 minutes makes it ideal for my

great discover and ready to try out with my seasonl vegan tendencies.

This book was very informative when it comes to the different benefits of eating healthy. I know that Asian cuisine has a different authentic taste in it. This is a good combo for me; Vegan and on Asian cuisine as well. My family really enjoyed the different recipes. The Miso soup recipe was very tasty. I strongly recommend this book to those who has a free time every weekend. I feel that this is a therapeutic way for both couples to bond while cooking at the same time eating healthy.

As an aspiring vegan who loves Asian food, this book brings me so much help, joy and inspiration! I can now recreate my favorite delicious menus. I am a sucker for anything curry and with coconut milk and I am glad they are included. There is wide variety of Asian food, from different country, making it more interesting. I'm so glad I found this gem!

This book was very informative when it comes to the different benefits of eating healthy. Cooking is a hobby for my mother. She cook tasty food and always try new things in her cooking . That's why I brought this book which hold something very delicious recipes. This cookbook celebrates the flavours of the east and shows you how easy it is to prepare exotic and delicious vegan dishes in your very own kitchen-on even the busiest of weeknights . This book follows the philosophy that delicious, exciting and authentically flavoured food can be created using simple and easy to find ingredients. Its aim to shed some light on the vegan lifestyle and healthy benefits that will follow. This is a good combo. I love this recipes.

Recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family. It is indeed a good read and I highly recommend this book to everyone. It's really worth spending my money and time on this book.

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