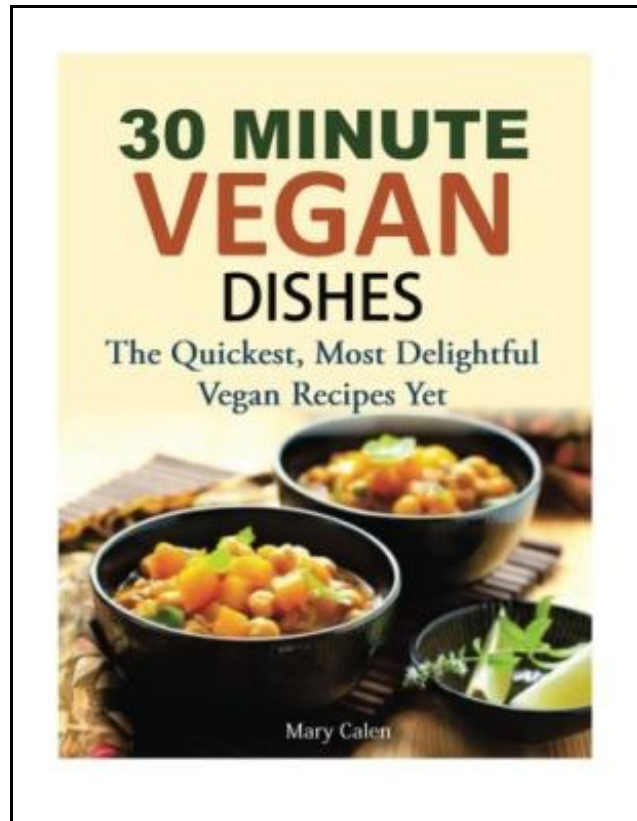


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(Rachelle O'Connell)

30 MINUTE VEGAN DISHES: THE QUICKEST, MOST DELIGHTFUL VEGAN RECIPES YET (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.30 Minute Vegan Dishes: The Quickest, Most Delightful Vegan Recipes Yet Today, almost everybody is in a hurry that is why foods are always taken to-go, in microwavable wraps and fast food service. For a vegan, it is difficult to come across quality food that provides the proper set of nutrients which are reasonably priced. In other words, budget-friendly. There is also the case of flavor. Some recipes can be so predictable and the usual salads, greens and beans have become too familiar and not exciting at all. Sometimes, eating store-bought Vegan food helps, but it can be so tiring and takeouts can really hurt one's pocket. This is why cooking at home is the best option for any Vegan person. The ingredients are always fresh and you are sure about what's in your food and not worry about a suspicious tasting spread that could be butter. It happens a lot in restaurants, and none of the staff will admit if they snuck something dairy in your meal or lied about the menu. But you are almost always tired coming home from work that thinking about preparing or cooking has become wearisome. On the contrary, cooking does not have to be menial or time consuming. In fact, there are many ways to make cooking fun, through the discovery of new recipes! Time problems, you say? Having trouble finding time to prepare your own healthy meal? There is no need to worry about the hassle of cooking, these recipes take only 30 minutes or less to make, preparation time already included! If it's variety or flavor you are worried about, don't fret...



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