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Maximum flavor.

Minimum effort.

Totally vegan. You  
don't need to spend  
hours in the kitchen  
or buy expensive

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ingredients to create  
delicious, creative,  
plant-based meals.

The Easy  
5-Ingredient Vegan  
Cookbook is  
dedicated to  
providing you with  
nutritious recipes  
from the 5 main  
food groups  
essential for a  
healthy vegan diet.

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The most common barriers to eating plant-based foods are a learning curve and time, so each of these 5-ingredient cookbook recipes includes no more than five components, supplemented with simple staples you can keep on hand:

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olive oil, vegetable  
broth, onions, garlic,  
salt, and pepper.

Recipes like Stuffed  
Dates with Cashew  
Cream and Roasted  
Almonds or  
Chocolate Peanut  
Butter Cups couldn't  
be easier to  
prepare. Hit the  
ground running with  
a 5-ingredient

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cookbook designed  
for maximum health  
and wellness--and

convenience. This

5-ingredient

cookbook includes:

Make it your

own--Recipes

include tips to make

the meal even

tastier or easier--or

offer a different spin.

Nutritious

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blueprint--Success begins with an overview of the vegan lifestyle and advice on selecting the best vegan ingredients, from healthy fats to protein replacements. No fuss--These simple 5-ingredient cookbook recipes

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help you  
conveniently

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integrate more

plants into your diet.

Let this 5-ingredient

cookbook be your

guide to a simple,

healthy vegan

lifestyle.

This edition has

been adapted for

the US market.

From simple

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suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try



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some brilliant new  
flavor combinations,  
this book ticks all

the boxes. Super-  
tasty, brilliantly  
simple, but inventive  
veg dishes include: .

**AMAZING VEGGIE**

**CHILI**, comforting

black rice, zingy

crunchy salsa and

chili-rippled yogurt .

**GREENS MAC 'N'**

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CHEESE with leek,  
broccoli & spinach  
and a toasted

almond topping .

VEGGIE PAD THAI,

crispy fried eggs,

special tamarind &

tofu sauce and

peanut sprinkle .

SUPER SPINACH

PANCAKES with

avocado, tomato

and cottage cheese

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• SUMMER  
TAGLIATELLE,  
basil & almond  
pesto, broken  
potatoes and  
delicate green veg  
With chapters on  
Soups &  
Sandwiches,  
Brunch, Pies &  
Bakes, Curries &  
Stews, Salads,  
Burgers & Fritters,

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Pasta, Rice &  
Noodles, and  
Traybakes there's  
something tasty for  
every occasion.  
Sharing simple tips  
and tricks that will  
excite the taste  
buds, this book will  
give you the  
confidence to up  
your vegetable  
intake and widen

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your recipe  
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repertoire, safe in  
the knowledge that

it'll taste utterly  
delicious. It will also  
leave you feeling  
full, satisfied and  
happy - and not  
missing meat from  
your plate. "It's all  
about celebrating  
really good, tasty  
food that just

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happens to be meat-free.” Jamie Oliver  
This vegan

cookbook has over  
50 recipes all soy  
free, gluten free,  
and of course 100%  
plant-based. These  
are some of the  
recipes we use at  
our restaurant in  
West Palm Beach,  
FL for every day or

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daily specials.  
We've included  
simple to more  
complicated recipes  
so you have more  
options. Its easy to  
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for special  
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and wanted to keep  
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much as possible.  
The recipes have a  
Dominican essence



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the DR. We worked  
hard to include  
spices,  
fruits/vegetables  
from other  
Caribbean islands

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as well. P.S: We also wanted to keep the cost down for this book and therefore are not including any images in order to avoid printing in color which increases the cost of the book tremendously. I've created a video that I posted on the

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images and names  
of many of the  
recipes in the book  
if you need a visual  
to help you see  
what the final results  
may be for some of  
the recipes. Just  
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The ultimate guide  
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for cooking  
outrageously  
delicious, vegetable-  
packed meals every  
day of the week,  
from bestselling  
author of *The Love  
& Lemons  
Cookbook*. Known  
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flavorful vegetable  
recipes and  
stunning

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photography,  
Jeanine Donofrio  
celebrates plants at  
the center of the  
plate with more than  
100 new vegetarian  
recipes in Love &  
Lemons Every Day.  
In this book,  
Jeanine shows you  
how to make any  
meal, from breakfast  
to dessert, where

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produce is the star. Butternut squash becomes the best creamy queso you've ever eaten, broccoli transforms into a zesty green "rice" burrito filling, and sweet potato blends into a smooth chocolate frosting. These exciting and

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approachable recipes will become instant additions to your family's regular meal rotation. This book is a resource, filled with smart tips for happier, healthier eating. You'll find inspiration from Jeanine's signature colorful infographics - such



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as a giant matrix of five-ingredient salad dressings, a guide to quick weeknight pastas, and a grid to show you how to roast any vegetable.

There are also plenty of practical charts, such as a template to make versatile vegetable broth, seasonal

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produce guides, and  
clever ideas to use  
commonly tossed  
vegetable parts --  
you'll never toss  
those cauliflower  
cores, corn cobs, or  
broccoli stalks  
again! Packed with  
imaginative every  
day meals, go-to  
cooking tips,  
alternatives for

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dietary restrictions,  
and guides for  
mastering produce-  
based kitchen  
staples, *Love &  
Lemons Every Day*  
is a must-have for  
herbivores and  
omnivores alike.  
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gluten-free vegan  
food for every  
occasion *Eating*

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vegan and gluten-free isn't about the things you can't have--it's about filling your plate with satisfying, wholesome foods. This comprehensive choice in gluten-free vegan cookbooks puts a wealth of options at your fingertips, whether

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you're cooking for a gluten-free and vegan lifestyle or simply looking to sprinkle healthier options into your repertoire. This standout among gluten-free vegan cookbooks includes:

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free baked goods, breakfasts, entrées, special occasion dishes, snacks, and sweets. A setup for success--Learn the essential ingredients and techniques for vegan and gluten-free cooking, and mix up unique spice blends to flavor your dishes. Options for

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the perfect dish with  
labels for recipes  
that are soy-free,  
nut-free, plant-  
based whole foods,  
or ready in less than  
30 minutes.

Discover the variety  
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cookbooks can offer  
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Every Meal: A  
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An Apple-to-  
Zucchini Celebration  
of Impromptu  
Cooking

*The ultimate,*  
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*reader-friendly  
guide into the  
world of food that  
is free of sugar,  
gluten, oil, dairy,  
and of course,  
guilt! This book  
features carefully  
curated,  
delicious, and  
healthy recipes  
covering a range  
of cuisines*

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*including Indian,  
Thai, Italian,  
Mediterranean,  
and American.  
Easy-to-cook and  
requiring  
ingredients  
commonly found  
in every kitchen,  
these whole plant-  
based recipes  
have been known  
to cure a variety*

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diseases and also  
keep the bulge at  
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get her to the  
next stage of her  
recovery in a way  
that will inspire  
and help others  
with this large  
and growing  
problem as  
evidenced by her  
large social media  
following. Maria  
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dysmorphia with  
the recipes that  
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the way, giving  
an intimate look  
at how she went  
from eating  
disorder to  
proclaiming her  
personal mantra:*

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*"Fear not. Food is your friend."*  
*Packed with vibrant and healthy recipes inspired by her journey, including milestone recipes like the first carbs she allowed herself to eat, Mindful Vegan Meals offers a*



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life while  
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eating  
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photos.*

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by the pioneer of  
delicious gluten-  
free food offers  
mouthwatering*

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recipes for gluten-  
free eaters.

*Whether it's  
because of food  
allergies, celiac  
disease, or  
dietary  
preferences,  
more and more  
people want to  
eliminate gluten  
from their diet.*

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*one of the*

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*country's foremost experts on special diets and an author of several popular gluten-free cookbooks-answers the call of a growing market of at-home cooks. In 125 Vegetarian Gluten-Free Recipes, Fenster*

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*applies her  
proven kitchen  
prowess to  
creating quick-  
and-easy  
vegetarian  
recipes that are  
sensational and  
healthful. From  
snacks and  
appetizers like  
Baked Kale Chips,  
to filling dinners*

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*like Chili  
Cornbread  
Casserole and  
Eggplant  
Parmesan Stacks,  
to decadent  
desserts like All-  
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dilemma: how to  
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that is fast, easy  
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recipes, is a must-  
have cookbook  
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schedules, limited  
budgets and*

*hearty appetites  
for healthy food  
that simply tastes  
good. With*

*recipes like*

*Creamy Broccoli  
and Potato*

*Casserole and*

*Veggie "Pot Pie"*

*Pasta, readers*

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*will have a  
stockpile of quick  
recipes that they  
can count on to  
be delicious.  
Additionally,  
many of the  
recipes are gluten-  
free, soy-free and  
oil-free, for those  
who have other  
dietary  
restrictions or*

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preferences. This  
cookbook  
includes chapters  
such as Make-  
Ahead Staples  
and Speedy Stir-  
Fries, as well as  
recipes such as  
Inside-Out Stuffed  
Pepper Stew,  
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enjoy easy, fast  
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breakfast for one  
or part of a  
leisurely dinner  
with friends. For  
nutritionist Allison  
Day, meal-sized  
bowl recipes  
showcase her  
love of this cozy  
serving dish,  
staying true to  
her philosophy of*

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*eating with  
visually alluring,  
seasonal, and  
delicious food you  
can feel good  
about. Along with  
more than fifty  
full-meal,  
vegetarian,  
vegan, and gluten-  
free recipes (not  
to mention the  
dozens of mini re*



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*cipes-within-recipes), these pages contain an innovative, easy-to-follow “Whole Bowls Formula” to build your own creations for quick everyday lunches and dinners. Recipes include: Curried falafel and kale*

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*salad bowls Black  
bean bowls with  
butternut squash,  
black rice, and  
chimichurri Oat  
risotto bowls with  
soft-boiled eggs,  
avocado, and  
hazelnut dukkah  
Sunny citrus  
bowls with orange  
pomegranate  
salsa and lemon*

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*cream Carrot  
cake bowls with a  
cream cheese  
dollop and  
candied carrots  
Southern cheddar  
grits with  
tomatoes, kale,  
and black Beans  
Almost noodle  
salad with  
radishes and basil  
Chili con veggie*

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*with cornbread  
Mediterranean  
pasta with  
arugula, peas,  
yellow tomatoes,  
and feta Greek  
mushroom stifado  
with horseradish  
mashed potatoes  
Tuscan bean stew  
Baked polenta  
with caramelized  
onions,*

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*mushrooms, and  
marinara “I was  
bowled over by  
the  
mouthwatering  
photos and flavor  
combinations.  
The cauliflower  
hazelnut pilaf  
alone is worth the  
price of the  
book!” —Greta  
Podleski,*

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shares plant-

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that maximize

health and flavor

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influencer and  
creator of the blog  
From My Bowl,  
shares the laid-  
back kitchen  
magic of her  
simple, flavorful  
recipes. Simply  
Delicious Vegan  
proves that*



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doesn't have to be  
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complicated, or  
boring—and even  
better, it can  
make you feel  
(and look) your  
absolute best.  
Complete with  
personal tips for*

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*this book offers  
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Delicious Vegan*

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health and  
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show you how to  
start a vegetarian  
diet so you can*

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it easy to start a  
vegetarian diet.*

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lifestyle with: ·  
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to make sure you  
get all your  
nutrients ·

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successful  
transition to a  
vegetarian diet

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*Beginners is your  
guide to  
experiencing the  
delicious, lifelong  
benefits of going  
vegetarian.*

*Five years ago,  
popular blogger  
Brandi Doming of  
The Vegan 8  
became a vegan,  
overhauling the*

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*way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to*

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*plant-based  
cooking or seeking  
simplified,  
wholesome, family-  
friendly options  
for weeknight  
dinners. All of the  
recipes are dairy-  
free and most are  
oil-free, gluten-  
free, and nut-free  
(if not, Brandi*

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*offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create*

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from breakfast to  
dessert that your  
family--even the  
non-vegans--will  
love. Try Bakery-  
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Muffins, Fool 'Em  
"Cream Cheese"  
Spinach-Artichoke  
Dip, Cajun Veggie*

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*and Potato  
Chowder, Skillet  
Baked Mac n'  
Cheese, and No-  
Bake Chocolate  
Espresso Fudge  
Cake.*

*When it comes to  
feeding your  
family, you want  
meals that are  
tasty, nutritious,*

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*and easy to  
prepare. But  
choosing healthier  
food options can  
be a challenge,  
especially with a  
special diet, since  
most store-bought  
gluten-free and  
meat-free foods  
are low in protein  
and high in simple*



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cook and healthy-  
eating coach  
Susan O'Brien has  
developed easy  
dishes the whole  
family can enjoy:  
150 breakfasts,  
soups, salads,  
entrees, sides,  
snacks, and*

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ingredients for  
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Bars Butternut  
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celebrating  
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carrots from  
the farmers  
market or a  
four-pound  
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vegan options  
for many of the  
recipes, as  
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limited for  
choices of what  
to eat! What if  
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could mean  
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and pizza,  
hearty  
burritos, gooey  
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chocolate cake  
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brûlée? Well,  
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Free Vegan, Sam  
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gives you drool-  
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there's no  
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