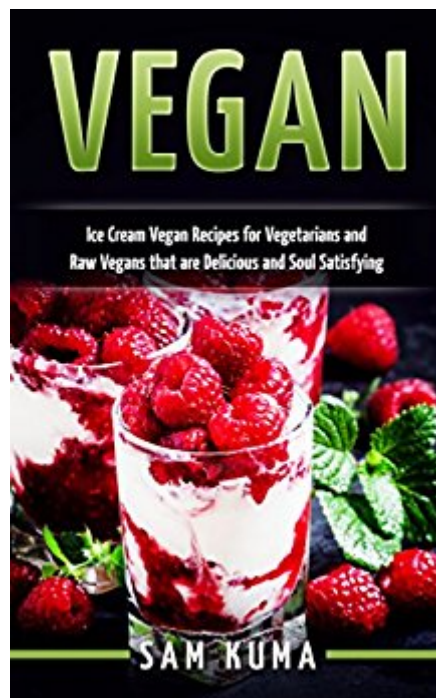


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# Vegan: Ice Cream Vegan Recipes: A Delicious Escape For Beginner Raw Vegans And Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Recipe Cookbook For Healthy Weight Loss 1)



## Synopsis

Soul Satisfying Ice Cream Vegan Diet Recipes to supplement a Vegetarian and Raw Vegan Lifestyle Read this vegan cookbook now on your PC, mac, smart phone, tablet, kindle device or paperback. This book is for anyone who wants to go vegan but is afraid of living life without one of life's great pleasures - ICE CREAM. Let this book open your mind to the possibilities of Vegan Ice Cream recipes. It has a list of vegan recipes that include vegan sorbet and slush recipes, vegan fruit ice cream recipes, vegan sundae recipes etc. Here are the highlights of this vegan cookbook: 1. How a vegan diet improves your long term health and benefits the eco-system. 2. Vegan Ice Cream Sundae Recipes 3. Vegan Fruit Ice Cream Recipes 4. Vegan Ice Cream Sorbet and Slush Recipes 5. Other Vegan Desserts What differentiates this vegan dessert cookbook from other vegan dessert books is it focuses on one of the world's greatest delights- ICE CREAM and gives you a variety of different recipes for different occasions. You can have a different vegan ice cream sorbet for lunch every day of the week and still be cooking exciting new recipes. It is also healthy on the body and the environment. It is more comprehensive than other similar books. • also wants to make sure that you can be vegan and still enjoy your favorite vegan desserts. No matter which vegan cookbook you choose, I would be glad to have you healthy and save the environment by adopting vegan recipes into your diet plan. It is indeed possible to have a healthy vegan diet plan without losing chocolate in your life. Tags: vegan, ice cream, slow cooker, low fat, gluten free, weight loss, recipes

## Book Information

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## Customer Reviews

Very nicely written and the directions are step by step to make sure you make the most delicious vegan ice cream I've ever tasted! I was surprised as well that this book even helps you make yummy syrup for the ice cream as well.\*I received this product at a discount, the review is my own honest options\*

Length: 1:24 Mins

I must tell you I am a follower of the author's books. I have read 3 of them. I have been a vegetarian for about 3 years now, and I have been trying to find books that have great tasting food that's satisfying. But one of my favorite things is ice cream. I have never really found a cookbook that has ice cream that tastes good. This book has awesome ice cream and slushie recipes. The book is very easy to read. The recipes tell you the time it takes, the yield, and the ingredients used. If you are a new vegan or vegetarian this is a great starter book for you. Most of the recipes are simple. But there are a few complicated ones with lots of ingredients. This book is staying in my cooking collection. I gave the book 5 stars. I am very happy with my purchase. For an e-book this is a pretty good value. I was given this book for free or at a reduced price, for my honest and truthful unbiased review. All opinions are my own. I am a consumer. I personally buy and use every product I review.

These recipes are very straight forward and easy to read. I love these recipes. Best non dairy ice cream I've ever made! We have made three ice creams from this book. They are excellent with fabulous taste and texture. We plan on making many more! These ice creams are, for the most part, simple to make. I received this product at a discount in exchange for my review.

Length: 1:59 Mins

The first thing I have to say is the title needs to be changed. The reason why I say this is because

the book contains more than just ice cream recipes, it is more of a book of frozen delectables and delights. Even as a person that is not a vegan, nor will I ever be one, I still enjoy recipes out of this book. Many recipes in here, such as the slushes, I have been making for years for my kids. Toss in some pineapple, strawberries, banana, ice, and fruit juice in a blender, and there you go, and vegan drink. Booyah. I like that it tells you the ingredients, how many it will serve, and prep time. That way I know how long I have before my kids can have their mouths full, and stop talking. But this is a great book that I like, and I think it has many good recipes. And a recipe book is not a cook book. This is just a collection of recipes. There is no nutritional information, or pictures, but there could be pictures. The actual title says recipes, but the listing says cook book. To me, somebody that has been cooking and reading cookbooks for years, they have two different meanings. A recipe book is just a collection of recipes like your mother, or grandmother kept on that 3x5 card in the box. No pictures, just list of ingredients, and how to prepare. However a cook book talks about more than that. It tells you how to cook, what the different utensils are, and what to do with them. The recipe book just assumes you know how to cook, and skips the basics that the cookbook covers. This product was acquired at a discount for reviewing to give my unbiased and honest opinion.

You also receive a free e-book. The book is about healthy foods and it gives you weight lost tips on how to live a healthy long life. This book is about vegan ice creams without using dairy. All recipes can be prepared in a short time and very easy to make. Most people think when hearing the word vegan that all the food is tasteless, bland and boring. This is far from the truth. The author states that "Being vegan is not a diet; it is a way of life." • Being vegan just means you're giving up eating animal based products. People believe that eating vegan is expensive. When in the long run if you're taking care of your body than you are not spending money on hospital or doctor bills. The recipes in this book are on the following: Ices, Slushies, Sorbets, Ice cream, Sauces, Sundaes, Parfaits. All the recipes look great I can't wait to try them all. You will need a cream churner to make the sorbets. All the recipes have easy to find ingredients and can be made quickly if you are already a vegan household. If not all the ingredients can be found at a health food stores. I really like this cookbook because I enjoy having a treat once in a while but now I can enjoy a treat a bit more without eating bad. Every recipe I have tried so far tastes great. The only thing that is missing are pictures of the recipes. If you looking for non- dairy ice creams and more, you will love this book. I have now read three of the authors books and I enjoy them all. Am looking forward to reading all of them. #VeganRevolution Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free,

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