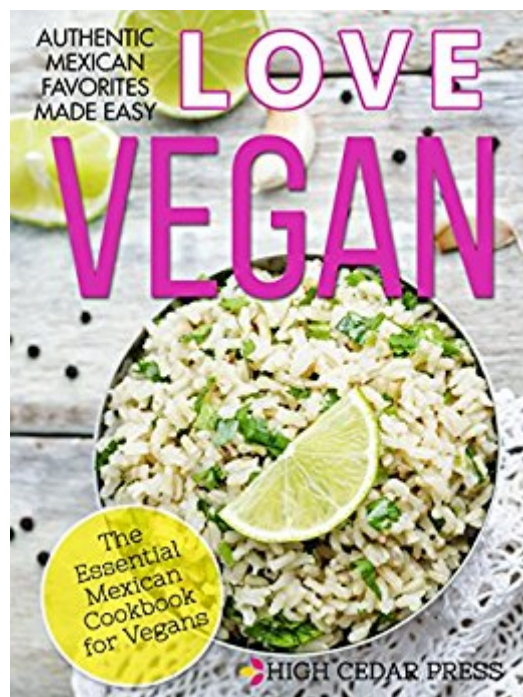


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# Vegan: The Essential Mexican Cookbook For Vegans: (+ FREE BONUS MUG CAKE COOKBOOK!) (vegan, Gluten Free, Vegetarian, Clean Eating, Raw Diet 6)



## Synopsis

Simple, Everyday Vegan Meals Inspired By Authentic Mexican Flavours! Whether you're a vegan, vegetarian or simply looking to improve your diet <sup>TM</sup> Love Vegan <sup>TM</sup> has summed up all the Mexican favorites and adapted them so vegans can still enjoy authentically delicious food. The recipes within <sup>TM</sup> Love Vegan <sup>TM</sup> have been carefully refined to provide you with delicious vegan alternatives to traditional Mexican dishes, without compromising the taste, texture or flavour of these well known favorites. Whatever your reasons are for integrating vegan food to your life, Love Vegan will inspire you to cook beautiful authentic and traditional Mexican meals for all occasions, every night of the week. All recipes are designed to take no longer than 30 minutes preparation time. No <sup>TM</sup> artificial vegan meat <sup>TM</sup> or hard to find ingredients. All recipes are made up of ingredients that you would commonly have in your pantry or can easily find at your local supermarket. Authentic and traditional dishes which have been carefully refined to not include animal products yet still retain the taste, texture and flavour of your favorites. Try These Delicious & Authentic Vegan Recipes Today... Mexican Wedges with Vegan Nacho Cheese Sauce Black Bean Flautas Roasted Sweet Potato & Bean Quesadillas 7 Layer Mexican Dip Vegan Elote (Mexican Street Corn) Roasted Sweet Potato & Bean Quesadillas Vegan Sour Cream Crispy Mexican Churros Chili Chocolate Avocado Mousse Buñuelos (Cinnamon-Sugar Crisps) And Many More Mouth-Watering Dishes! Love Vegan will inspire you to cook beautiful authentic and traditional Mexican meals in a simple and easy way. \*\*\*\* For a limited time only you can enjoy <sup>TM</sup> The Ultimate Vegan Mug Cake Cookbook <sup>TM</sup>, absolutely FREE! \*\*\*\* Download Your Copy Now and Start Cooking Easy & Delicious Mexican Vegan Dishes Today! Available To Read On All Kindles, Smart Phones, Laptops And Tablets. Read this book for FREE on Kindle Unlimited. Check Out What Others Are Saying... "Really enjoyed this book. As the author states, the ingredients are simple and easy to find. I look forward to making these dishes." - Courage1973 "Love this book. I've been wanting for the longest time to consider going vegan full time. I just am not that convinced since all I can imagine is how bland and tasteless must vegan recipes be! Not anymore. This book defies the myth of Vegan diet. I can't wait to try out all the recipes. They seem so appetizing and so rich in taste. Well maybe because I love Mexican food that's why I'm so excited to try all the recipes here." - Nathalie Helmsworth "The book is excellent. I just wanted to say how easy these recipes were for me to follow. Once you obtain the Mexican spices, which can be purchased online from websites, you can make all of these delicious foods. I've made already 3 dishes from here including Mexican Quinoa. This book rocks and the food is delicious!" - Sonia "Great book, easy and tasty recipes" - Damian Reeve Tags: vegan, vegetarian, mexican, mexican cookbook, vegetarian cookbook, vegan cookbook, vegan recipes,

dairy free, vegan diet, lactose free, egg free, mexican vegetarian, milk allergy, lactose intolerance, non dairy

## **Book Information**

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## **Customer Reviews**

Good vegan alternatives for traditional Mexican dishes. Many of the recipes contained oil which I don't consider a whole food, so I will be skipping those or just leave out the oil when possible. (There were a couple of dishes cooked by frying them in oil which is not a viable cooking method for me.) What I liked most about this book was the flavoring combinations which are particularly helpful to those of us not terribly intuitive regarding Mexican seasoning. Also there were a couple of sweet potato dishes which definitely add some variety to my repertoire for this wonderful root vegetable.

The book is excellent. I just wanted to say how easy these recipes were for me to follow. Once you obtain the Mexican spices, which can be purchased online from websites, you can make all of these delicious foods. I've made already 3 dishes from here including Mexican Quinoa. This book rocks and the food is delicious!

I'd never really thought much on Mexican Vegan dishes but somehow this book made it work! It had a great introduction on veganism, Mexican cuisine and staples before providing the usual Mexican Vegan recipes. Everything looked quite nice but could have used some photos of the dishes. Either way, I liked the book and would definitely be trying out all the nacho dip recipes!

A really good, well-presented book suitable for any vegan or vegetarian looking to explore the culinary world of Mexican food. It provides an excellent array and variety of recipes which dip into all of the types of foods used in Mexican cooking. They all seem to be well structured, easy to follow, and quick to make which is a bonus. A solid book for either a beginner starting out with a vegan diet or for those more advanced who are looking to try something different in their diet!

This is just a recipe book. The book contains around 15-20 Vegan recipes. The book gives information on various vegan ingredients. And the book does not provide any images for the recipes. It should be not more than \$0.99 and I am glad that I got this book for free. An average book.

There is a difference of being a vegan, and a vegetarian. A vegetarian can have eggs, and dairy, but a vegan will not ingest any animal product. They won't even have Jell-O. This cookbook explains the differences, but it also says you can add the vegan recipes to your diet even if you aren't a hard core vegan. The body has a very fine acid/alkaline balance to it, and having burgers all the time tilts that balance to the acid portion of the balance. A vegan diet can regulate you, and with these Mexican dishes, veganism can taste good as well, and not the "munching on Styrofoam" myth. This is a great book to balance your health, and stop a fungus in your gut called Candida.

This book is good. The recipes into this book is very simple but gives you rich flavors and delicious taste. This is the one and only book you should get your hands on if you had made the decision to become a vegan and are clueless on how to start. The book is easy to follow and the dishes are quick and not complicated to make in terms of the ingredients which is a bonus. The recipes within *Love Vegan*™ have been carefully refined to provide you with delicious vegan alternatives to traditional Mexican dishes, without compromising the taste, texture or flavour of these well-known favorites. Loved this book. I highly recommended.

this book is filled with great vegan friendly mexican recipes. for anyone like me, a vegan, this was very good cookbook. I only cooked 5 meals from this book so far, but each one of them was delicious.

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