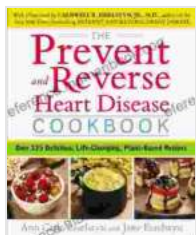


125+ Life-Changing Plant-Based Recipes That Will Make You Love Vegetables



The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes by Ann Crile Esselstyn

★★★★☆ 4.7 out of 5

Language	: English
File size	: 74787 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 269 pages



If you're looking for delicious, healthy, and easy plant-based recipes, you've come to the right place! This collection of 125+ recipes has something for everyone, from breakfast to dinner and everything in between.

Breakfast

- Chia Seed Pudding
- Oatmeal with Berries and Nuts
- Smoothie Bowls
- Vegan Pancakes
- Vegan Waffles

Lunch

- Salads
- Sandwiches
- Wraps
- Soups
- Pasta

Dinner

- Stir-Fries
- Curries
- Enchiladas
- Tacos
- Burgers

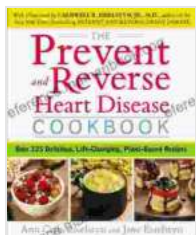
Desserts

- Cakes
- Cookies
- Pies
- Ice Cream
- Chocolate

These are just a few of the many delicious and healthy plant-based recipes that you'll find in this collection. Whether you're new to plant-based eating

or you're a seasoned pro, you're sure to find something to your liking.

So what are you waiting for? Start cooking today and enjoy the many benefits of a plant-based diet!

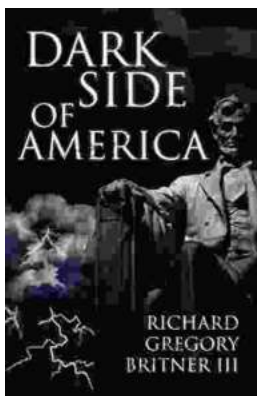


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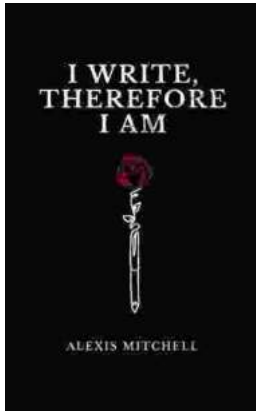
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