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Garde Vegan i THE MOST  
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~~Ate ONLY Avant-Garde Vegan's  
VEGAN 100 Cookbook Recipes for  
an ENTIRE day (7 Recipes!!!) MY  
DADS INCREDIBLE VEGAN  
ITALIAN MEATBALLS, easy  
recipe. QUARANTINED WHAT I  
EAT IN A DAY (vegan) FIRST  
LOOK AT MY NEW COOK BOOK~~

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~~a virtual book tour!~~

SRIRACHA  
MEATBALLS | @avantgardevegan  
by Gaz Oakley

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Quarantine-FIT | keeping fit  
& healthy during lockdown.

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THE BEST VEGAN MAYONNAISE  
| 3 WAYS  
MY FAMOUS VEGAN  
LASAGNE RECIPE Testing the

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Avant-Garde Vegan Cookbook! //  
Sriracha Meatballs, Tofu Kebabs +  
More (Vegan 100 Review) How  
To Make Portuguese Custard  
Tarts, VEGAN Minimalist Book  
Collection | Vegan Cookbooks  
THE BEST VEGAN BEAN  
BURGERS.. high protein!

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Recipes From  
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MYSTERY INGREDIENT  
COOKING CHALLENGE  
MY COOK BOOK!!! |

@avantgardevegan by Gaz Oakley  
~~QUARANTINE MEALS~~—store  
cupboard ingredients (vegan)—  
VEGAN CHEESE STEAK \u0026  
MY EPIC TOUR VEGAN BBQ

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## BASED PAN PIZZAS, EASY!

Vegan 100 Over 100 Incredible

The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on FLAVOUR. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse

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Cake, it's all incredible-tasting food that just happens to be vegan.

Vegan 100: Over 100 incredible recipes from ...

[gallery] Tempted to try your hand at vegan food but don't know where to start? Or even just to

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Recipes From Monday a regular thing? Long gone are the

Vegan 100: Over 100 Incredible Recipes from Avant-Garde ...

Long gone are the days of vegan food being dull and worthy: Vegan 100 is bold, vibrant and gorgeous.

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The emphasis in Gaz's 100 tempting vegan recipes is first and foremost on FLAVOR. From Deep Purple Soup to Sage and Smoked Chilli "Dog", through vegan "Fish and Chips" to Chocolate Tart and Raw Cacao "Cheesecake", it's all incredible-tasting food that just

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Recipes from Avantgardevegan.

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Vegan 100: Over 100 Incredible  
Recipes from Avant-Garde ...

The emphasis in Gaz's 100  
amazing vegan recipes is first and  
foremost on FLAVOUR. From  
Kentucky Fried Chick'n and Fillet

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Steak Wellington to Chocolate Tart  
and Summer Berry Mousse Cake,  
it's all incredible-tasting food that  
just happens to be vegan.

Vegan 100: Over 100 incredible  
recipes from ...

The emphasis in Gaz's 100

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John Smith's - Vegan 100: Over  
100 incredible recipes from ...  
from Vegan 100: Over 100

Incredible Recipes from Avant-  
Garde Vegan Vegan 100 by Gaz  
Oakley Categories: Breakfast /  
brunch; Vegan; Vegetarian

Ingredients: vegetable stock; dried

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porcini mushrooms; coconut oil;  
red onions; garlic; apples; apple  
juice; tomato pur é e; white miso;  
sea salt; black peppercorns;  
ground cayenne pepper; dried  
sage; fennel seeds; vital wheat  
gluten; chickpea flour

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Vegan 100: Over 100 Incredible  
Recipes from Avant-Garde ...

Overnight, he decided to go vegan for the health benefits, for his love of animals and to do his part in looking after the planet. Product Details: Author: Gaz Oakley. Vegan 100: Over 100 incredible recipes

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Recipes from Avant-Garde Vegan | Gaz  
Oakley 9781787131248 | eBay

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Gaz Oakley. Vegan 100 : Over 100  
Incredible Recipes from Avant-  
Garde Vegan. cover image: The

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Recipes From Avant-gardevegan  
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Recipes from Avant-Garde ...

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The emphasis in Gaz's 100 tempting vegan recipes is first and foremost on FLAVOR. From Deep Purple Soup to Sage and Smoked Chilli "Dog", through vegan "Fish and Chips" to Chocolate Tart and Raw Cacao "Cheesecake", it's all incredible tasting food that just

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Recipes from Avant-gardevegan.

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The emphasis in Gaz's 100  
tempting vegan recipes is first and  
foremost on FLAVOR. From Deep  
Purple Soup to Sage and Smoked

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Vegan 100: Over 100 Incredible Recipes from Avant-Garde ...



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See all details for Vegan 100:  
Over 100 incredible recipes from  
@avantgardevegan Unlimited One-  
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members enjoy fast & free  
shipping, unlimited streaming of  
movies and TV shows with Prime  
Video and many more exclusive

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Amazon.co.uk:Customer reviews:

Vegan 100: Over 100 ...

Vegan 100: Over 100 Incredible  
Recipes from Avant-Garde Vegan -  
Kindle edition by Oakley, Gaz.

Download it once and read it on

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Recipes From  
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Vegan 100: Over 100 Incredible

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Recipes from Avant-Garde ...

Garde Vegan # #, vegan 100 over  
100 incredible recipes from avant  
garde vegan oakley gaz smith  
simon laycock adam on amazoncom  
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tempted to try your hand at vegan food but dont know where to start or

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Recipes From Avant Garde ...

The emphasis in Gaz's 100  
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Recipes From FLAVOUR. From  
Kentucky Fried Chick'n and Fillet  
"Steak" Wellington to Chocolate  
Tart and Summer Berry Mousse  
Cake, it's all incredible-tasting  
food that just happens to be vegan.

Vegan 100 by Gaz Oakley |

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Waterstones From

This item: Vegan 100: Over 100  
incredible recipes from Avant-

Garde Vegan by Gaz Oakley

Hardcover 86,00 AED. Ships from  
and sold by Panworld Global.

Deliciously Ella The Plant-Based  
Cookbook: The fastest selling

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vegan cookbook of all time by Ella  
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entry every morning is up to  
standard for many people.

However, there are yet many  
people who along with don't past  
reading. This is a problem. But,

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Recipes From Avantgardevegan  
when you can preserve others to  
begin reading, it will ...

Vegan 100 Over 100 Incredible  
Recipes From Avantgardevegan  
Hi Guys, It's Gaz & welcome to  
Avant Garde Vegan by Gaz Oakley  
website, I have hand-picked some

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of my favourite recipes I would  
love to share with you.

Welcome to Avant Garde Vegan by  
Gaz Oakley | Vegan Recipes  
The emphasis in Gaz's 100  
amazing vegan recipes is first and  
foremost on flavour. From

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Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse Cake, it's all incredible-tasting food that just happens to be vegan.

Vegan 100, Over 100 Incredible Recipes From Avant-Garde ...

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super simple and delicious  
5-ingredient recipes.

Recommended by Veganuary by  
Roxy Pope, Ben Pook (ISBN:

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9781788701235) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Tempted to try your hand at vegan

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Recipes From  
Avantgardevegan

food but don't know where to start? Or even just to make meat-free Monday a regular thing? Long gone are the days of vegan food being dull and worthy: Vegan 100 is bold, vibrant and gorgeous. Going vegan was the best decision Gaz Oakley ever made. Gaz, aka



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Avant-Garde Vegan, was once a meat eater and often didn't feel well. Overnight, he decided to go vegan for the health benefits, for his love of animals and to do his part in looking after the planet. He found that, as a trained chef, it was surprisingly easy to get big tastes

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Recipes From  
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and colours into vegan dishes without compromise, and he also noticed an improvement in the way he felt. The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on FLAVOUR. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate

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Tart and Summer Berry Mousse  
Cake, it's all incredible-tasting  
food that just happens to be vegan.  
Delectable, beautiful and packed  
with dishes that are good for you,  
this is like no other vegan  
cookbook.

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**NATIONAL BESTSELLER •**

100+ big, bold, sock-you-  
sideways plant-based vegan  
recipes from the breakout star of  
The Game Changers “Charity is  
taking a practical approach to a  
plant-based diet. . . . She provides  
support and encouragement as she

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guides you through this exploration.” —Venus Williams, from the foreword ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Delish, Food52 Whether you ’ re new to plant-based eating or already a convert, when you cook vegan with Charity Morgan,

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Recipes From private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won't be missing out on the flavor and indulgence of all your favorite comfort foods. In her highly anticipated first cookbook, Charity lays out a plan for anyone who

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Recipes From  
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wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity ' s recipes

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Recipes full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapeno-Bae ' con Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. Unbelievably Vegan offers more



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than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling,

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## Over 100 Incredible

Recipes, and above all else  
unbelievably delicious.

Vegans and vegetarians  
everywhere will have the best  
holiday period ever with Gaz  
Oakley's fantastic alternatives to  
the trad turkey and trimmings. Gaz

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Recipes From  
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is an expert in bold flavours and textures, so everyone can enjoy a spectacular centrepiece and amazing food throughout the festive season. Gaz talks you through the menus and the planning, from Christmas morning breakfast like Sweet Potato

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Recipes From  
Waffles and Tofu Benedict,  
through to a show-stopping lunch  
with the likes of Ultimate  
Avantgardevegan  
Christmas Wellington, "Turkey"  
Roast and Festive Nut Roast  
Wreath served with all the  
trimmings: "No Pigs" in Blankets,  
Hasselback Potatoes and Fluffy

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Yorkshire Puddings – all rounded off with spectacular dairy-free puds including Boozy Tiramisu and Creme Brûlée Tarts. There are vegan versions of mince pies, Pavlova and the traditional Christmas Pudding with Custard, and even a "cheese" board for

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Recipes! And it's not just about the big day: Gaz offers a supreme spread of party food for when you're celebrating with guests - Mini Sausage Rolls, Sticky BBQ "Ribs" and Arancini, among many others, plus ideas for Boxing Day leftovers including Bubble &

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Squeak, Christmas Curry and Gyros. Packed with suggestions for the festivities and advice on how to keep cool in the kitchen if you're cooking on the big day, Vegan Christmas Cookbook offers every solution you'll ever need for what to cook for vegans and

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Recipes From Vegetarians at Christmas.

Avantgardevegan

A great new vegan cookbook that will stock your pantry with homemade, plant-based, compassionate staples!

Winner of the Best Vegan

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Cookbook Award in VegNews Magazine 2021 Plants Only  
Kitchen offers an explosion of flavour, with more than 70 vegan recipes that work around your lifestyle. With symbols flagging whether recipes are high-protein, take less than 15 minutes, are

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Recipes-free, one-pot or are suitable for meal prep, Plants Only Kitchen explains how best to make a vegan diet work for you. No fuss, no fancy ingredients – just fantastic food using plants, only. Gaz Oakley (aka @avantgardevegan) has amassed well over a million

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Recipes from social media with his exciting vegan dishes, which emphasize that a plant-based diet doesn't mean missing out on taste. In Plants Only Kitchen, Gaz's recipes are easier than ever before – following his step-by-step instructions, tips and advice,

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Recipes From anyone can cook great vegan food.

## Avantgardevegan

More than 100 delicious, easy, and colorful vegan dinners on a budget from the founder of the massive social media platform Cooking for Peanuts, with a foreword by Jonathan Safran Foer. Nisha

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Melvani appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day—dinner—is much more feasible. For those trying to incorporate more vegan meals into your diet, Practically Vegan is your go-to weeknight

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dinner cookbook and the perfect entry to veganism. A registered dietitian nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those wanting to eat less meat. Plant-based cooking will no longer feel intimidating with easy-to-find

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Ingredients that you will use in the kitchen over and over again.

Inspired by the flavors she was introduced to while growing up in Jamaica, England, and Canada, as well as her own Indian heritage, Melvani shares over 100 delicious recipes, including Creamy One-Pot

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Cheesy Broccoli Pasta Soup,  
Cauliflower-Sweet Potato Curry,  
Sesame Noodle Veggie Stir-Fry,  
Mushroom Bourguignon, and more,  
accompanied by a foreword  
written by bestselling author  
Jonathan Safran Foer, who urged  
Melvani to write this cookbook



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Recipes From family her  
recipes. With easy-to-follow  
directions and recipe substitutions  
as well as culinary tips and tricks,  
Practically Vegan will be the  
helping hand you need to prepare a  
vegan dinner for yourself or your  
family with confidence.

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The New York Times bestseller  
from the founder of Oh She Glows  
"Angela Liddon knows that great  
cooks depend on fresh ingredients.  
You'll crave every recipe in this  
awesome cookbook!" —Isa Chandra  
Moskowitz, author of Isa Does It

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"So many things I want to make!  
This is a book you'll want on the  
shelf." —Sara Forte, author of *The  
Sprouted Kitchen* A self-trained  
chef and food photographer,  
Angela Liddon has spent years  
perfecting the art of plant-based  
cooking, creating inventive and

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delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for

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Recipes From whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge

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Recipes From  
Avantgardevegan

impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100

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Recipes From, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free

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Recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply



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Features over one hundred vegan recipes starring beans, from soups and spreads to cakes and cookies, and provides information on soaking and cooking times as well as preparation methods.

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As seen on TV 'There's something for everyone here... Brilliant recipes... A really clever book' - Georgina Hayden, Sunday Brunch

We all want to help do our bit to save the planet by moving towards a plant-based diet, but let's face it:

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Recipes From  
Avantgardevegan

eating vegan can be expensive. With over 100 plant-based recipes using supermarket staples along with hints and tips for making your food go further, Broke Vegan will have you cooking meals time after time that save money and save the planet. From easy weeknight

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meals ready in 20 minutes to feeding a crowd on a budget or saving bags of time and money by batch cooking, Broke Vegan has got you covered. Whether you're taking part in Veganuary for the first time, making the move from veggie to vegan or just trying to

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Recipes From  
Avantgardevegan  
make your money go further,  
Broke Vegan will bring variety and  
flavour to your meals without  
having to spend a fortune.

## BREAKFAST & BRUNCH

including: Speedy sourdough Any  
berry muffins Frozen smoothie

bowl BATCH COOKING including:

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Confit tomatoes Chilli con veggie  
Sticky sweet aubergines READY  
IN 20 including: Kimchi pancakes  
with dipping sauce Cauliflower  
nuggets Back of the fridge fritters  
IMPRESS A CROWD including:  
Pizza 5 ways Any vegetable tart  
SOMETHING SWEET including:

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Chocolate mousse Lemon, coconut  
& cardamom cake Leftover  
porridge flapjacks

Five years ago, popular blogger  
Brandi Doming of The Vegan 8  
became a vegan, overhauling the  
way she and her family ate after a

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Recipes From  
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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 plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight



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dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi 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

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Ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun

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

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