



Great Gluten-Free Vegan Eats: Cut Out The Gluten And Enjoy An Even Healthier Vegan Diet With Recipes

By Allyson Kramer

Fair Winds Press, 2012. TRADE PAPERBACK. Condition: New. Fair Winds Press. New. Following a plant-based, gluten-free diet is one of the healthiest lifestyle choices around, yet it can be a challenge to create meals that not only match your needs, but taste delicious too. But not any longer! Great Gluten-Free Vegan Eats shows you exactly how to create compassionate and wheat-free recipes that are impressive enough for even the most seasoned foodie. Full of fresh and all-natural ingredients, the 101 fully-photographed, scrumptious recipes you'll find inside prove that eating vegan and gluten-free doesn't have to be a sacrifice, but a delight! From tempting appetizers, to hearty mains, to luscious desserts, you'll find dishes to suit your every need and craving, including: Cherry Vanilla Bean PancakesMediterranean CroquettesCoconut Asparagus SoupWalnut Ravioli with Vodka SauceRosemary, Leek & Potato PieChocolate Hazelnut Brownie CheesecakeBanana Berry CobblerLive a healthy and sustainable life, while still enjoying the foods you love, with Great Gluten-Free Vegan Eats! . 2012. TRADE PAPERBACK.



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