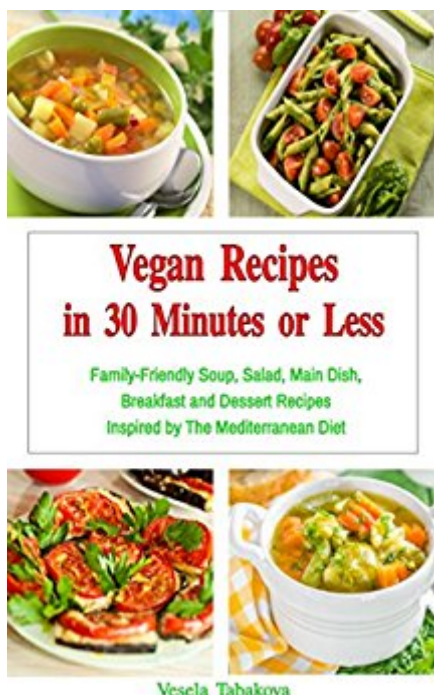


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# Vegan Recipes In 30 Minutes Or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast And Dessert Recipes Inspired By The Mediterranean Diet (Free Gift): Breakfast, Lunch And Dinner Made Simple



## Synopsis

Top 80 No-Stress Vegan Dinners - Spend More Time Enjoying Your Meal And Less Time Cooking  
From the author of several bestselling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family dinner recipes. This time she offers us 70+ delicious vegan meals inspired by the Mediterranean diet and full of your favorite vegetables and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. *Vegan Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet* is an invaluable and delicious collection of easy vegan recipes that will please everyone when you want to get dinner on the table fast. If you're looking for delicious everyday vegan recipes that take just 30 minutes or less of hands-on work and are budget-friendly - this cookbook is for you! \*\*\*FREE BONUS RECIPES at the end of the book - 10 Ridiculously Easy Jam and Jelly Recipes Anyone Can Make!\*\*\*

## Book Information

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## Customer Reviews

I was a bit leery about this book, to me "30 min or less" usually means lacking in flavor and such. Boy was I wrong....quick CAN be fabulous! I have probably gone through almost 1/3 of the recipes in this book so far and every one of them has been wonderful. Flavor, texture, and vegan too boot! Who could ask for more? Even non-vegans find everything delicious and asking for more! I purchased the Kindle addition and it is presented with easy to follow recipes,(with most items I already have at home) and with an easy to use interface. A really good book to start off if your trying to eat a more plant based healthy diet.

At first, I thought vegan was the main theme of this book and it most definitely is. But I was really surprised that 4 of the dishes I prepared so far took a little over 20 minutes. That's under the 30-minute claim and just enough for me to really love this book. I have plenty of favorites with many of them in the dessert and salad categories.

Love how easy and straightforward the recipes are. No fancy ingredients, no hours spent soaking, dicing, chopping, prepping. Truly 30 minutes and under. Basic recipes, but perfect for putting food on the table every day.

Lots of interesting recipes to try and also to discover tastes not using meat . I always like to try out new recipes and look forward to trying these out very soon.

Great Book!

Great recipes . easy . Sometimes you just don't meat.....

I have never seen a cookbook with so little information and such uninspiring recipes. I would not purchase another of her books and do not plan to use this one.

same as every other vegan cook book

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