

Vegan Shoestring Cookbook Delicious Recipes

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## Summary:

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Vegan on a Shoestring Cookbook - bol.com Vegan on a Shoestring Cookbook (paperback). If you want to lower your cholesterol, prevent heart disease and lose weight, eating the right food is the best medicine. Eating healthfully is a challenge for those with fast-paced lives; many studies have shown that vegans seem to have a lower risk of heart attack, obesity, high blood pressure. Cooking on a Shoestring Budget: Vegan Style - The Concordian After nearly a decade, The People's Potato is releasing Vegan On a Shoestring #2, a collective cookbook that features recipes and facts about vegan food and food politics, put together in a collaborative effort.