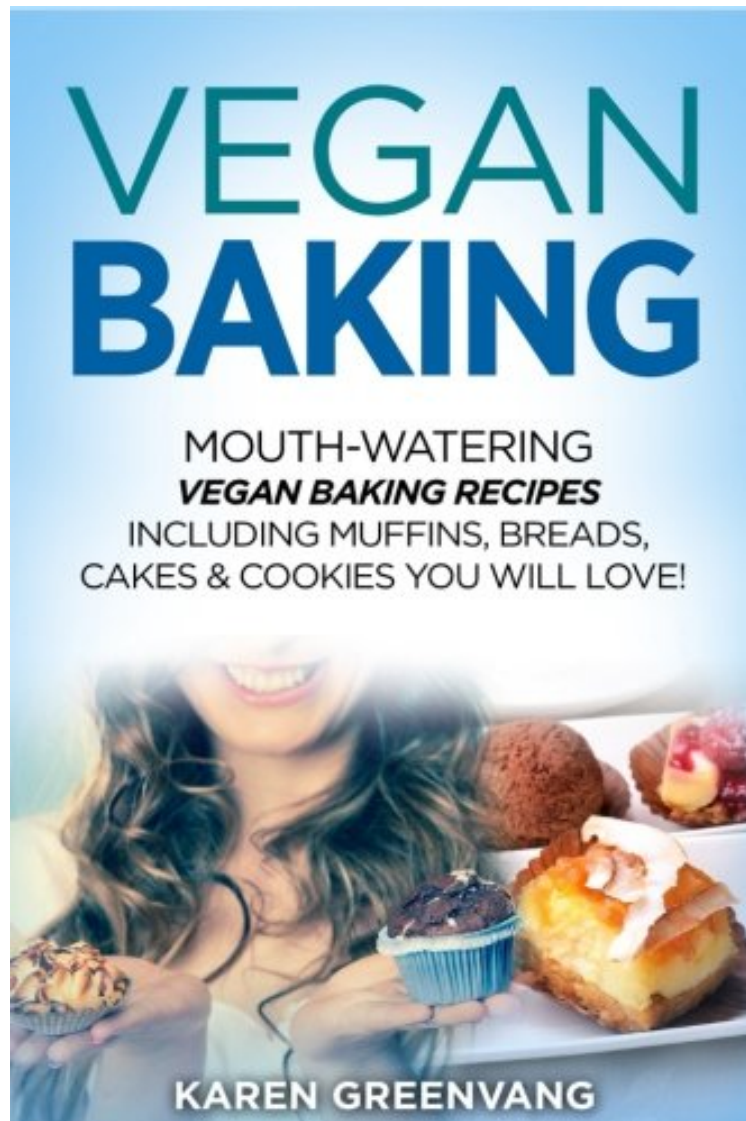


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## **Vegan Baking: Mouth-Watering Vegan Baking Recipes Including Muffins, Breads, Cakes Cookies You Will Love! (Vegan, Vegan Cookbook, Vegan Desserts)**

*Karen Greenvang*

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2 of 2 people found the following review helpful. A very helpful and health producing book  
By Israel Drazin  
The recipes in this book are indeed tasty and, even more important, are healthy, an amazing feat for cookies which we associate with becoming fat. Karen Greenvang gives us information about Vegans and tells us why it is healthy, how it cuts out cravings that are unhealthy, and much more.. She gives us also four sections on delicious muffins, breads, cakes, and cookies. Who would have thought that breads can taste so good! The book contains beautiful pictures that show us how the foods should look and such detailed information that even non-cooks can prepare these foods.  
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By Reza Matthews  
This book is absolutely filled with vegan goodness. I'm not a vegan myself but I would really love to try out the vegan baking goodies in this book. I've had my share of really delectable and mostly sinful pastries that I know are bad for me. My plan is to cut those in half and replace them with the ones here. Thank goodness for these collections of recipes, I never run out of healthy options.  
2 of 2 people found the following review helpful. My new favorite cookbook!  
By Bernard Wakeland  
Karen has charmed her way into our hearts with her award-winning podcast; now she warms our tummies with delicious vegan recipes that are superb! Her book provides us with a multitude of ways we can replace animal products in our baking with natural ingredients, such as fruit. Karen's unique gift for sharing her message and culinary talents are so inspiring that every kitchen needs to have this fantastic resource on hand!

**Boost Your Health and Achieve Optimal Wellness with Delicious, Nutritious Cruelty-Free Vegan Baking Recipes...YUM!!!! TOTALLY GUILT-FREE!** You are just about to discover a myriad of super tasty, 100% vegan baking recipes that are jump-packed with nutrition and will help you get the body energy you want. Are you a demanding vegan (or wish to become one)? -Are you sick and tired of pseudo vegan recipe books that promote honey or whey protein powder and eggs? (brrr....) -Are you looking for quick and effective solutions to enjoy your vegan lifestyle and boost your nutrition so that you stay energized, happy and in great shape? If the answer yes- you have just found a simple solution.... This collection of vegan baking recipes is free from highly refined carbohydrates, highly refined sugars and dairy. Raw, natural ingredients that are free from preservatives and additives, allow you to still enjoy baked treats while taking care of your body from within. The muffin recipes include a Rooibos tea infusion. Rooibos tea has become known world-wide for its anti-oxidant rich health benefits. It is also high in minerals and is known to promote healthy skin and hair. The anti-inflammatory properties of Rooibos helps prevent heart related illnesses. It is also known to relieve hypertension, aid the digestive tract and help in the treatment of insomnia. The Vegan Baking Recipes Include: -Yummy muffins -Easy cakes -Irresistible cookies -and Nutritious Breads They are designed to give your body and mind optimal nutrition so that you can create a new, stronger and healthier version of yourself. At the same time they will also help you satisfy your sweet tooth--yum! Each Recipe from Vegan Baking Includes: -easy and informative instructions + easy to find ingredients (including US and European measurements) - mind body benefits of each recipe-how to get healthy and fit! With Vegan Baking Recipes You Will Also Discover: - the best vegan superfoods like chia seeds, flax seeds, hemp seeds + much much more! -a rainbow of nutritious fruits combined with cruelty free vegan milks and other nutritious ingredients for super vegans! What are you waiting for? Give yourself the nutrients you deserve so that you can create a sexy, healthy, fit body while keeping it cruelty free and safe for the environment- in alignment with your vegan lifestyle! Would You Like To Know More? Order now and start making delicious, vegan treats today! Scroll to the top of the page and select the "buy" button to get started now!