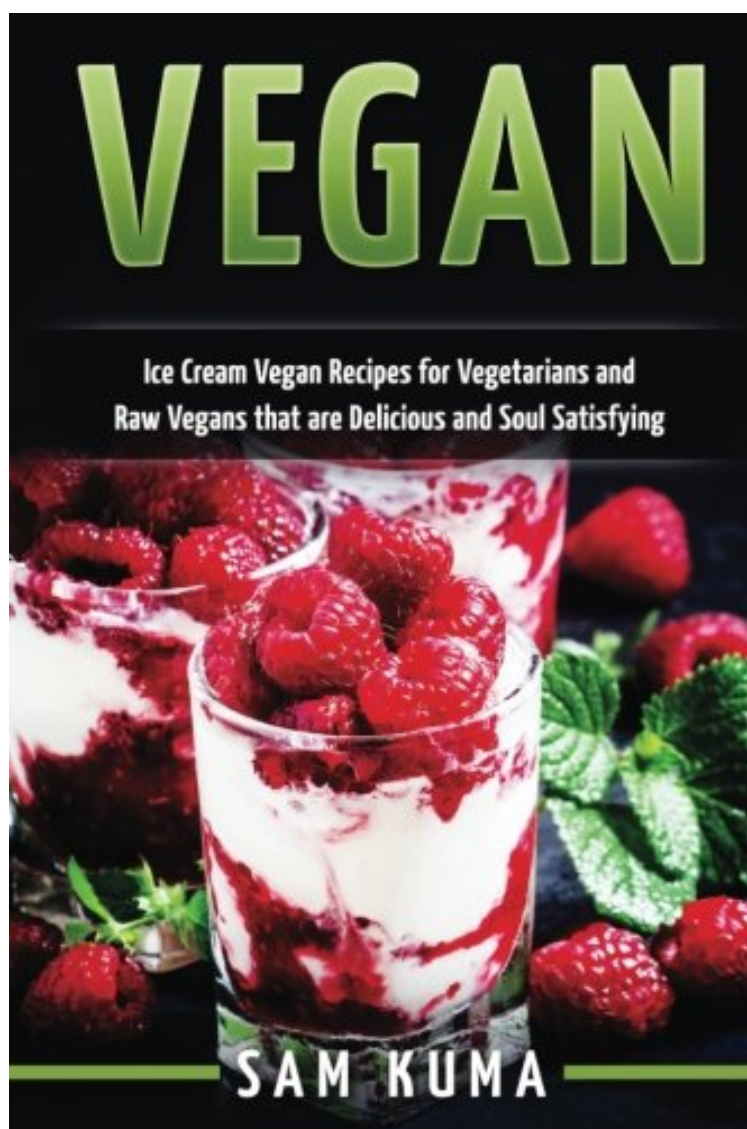


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## **Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Diet Recipe Cookbook for Healthy Weight Loss)**

*Sam Kuma*

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Diet Recipe Cookbook for Healthy Weight Loss)*:

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Are you a vegan who loves ice cream? Do you want to eat healthy?Read this vegan cookbook now on your PC, mac, smart phone, tablet, kindle device or paperback.This book is for anyone who wants to go vegan but is afraid of living life without one of life's great pleasures - ICE CREAM. Let this book open your mind to the possibilities of Vegan Ice Cream recipes. It has a list of vegan recipes that include vegan sorbet and slush recipes, vegan fruit ice cream recipes, vegan sundae recipes etc.Here are the highlights of this vegan cookbook:1. How a vegan diet improves your long term health and benefits the eco-system.2. Vegan Ice Cream Sundae Recipes3. Vegan Fruit Ice Cream Recipes4. Vegan Ice Cream Sorbet and Slush Recipes5. Other Vegan DessertsWhat differentiates this vegan dessert cookbook from other vegan dessert books is it focuses on one of the world's greatest delights- ICE CREAM and gives you a variety of different recipes for different occasions. You can have a different vegan ice cream sorbet for lunch every day of the week and still be cooking exciting new recipes. It is also healthy on the body and the environment. It is more comprehensive than other similar books. "Ice Cream Vegan Recipes" also wants to make sure that you can be vegan and still enjoy your favorite vegan desserts. No matter which vegan cookbook you choose, I would be glad to have you healthy and save the environment by adopting vegan recipes into your diet plan. It is indeed possible to have a healthy vegan diet plan without losing chocolate in your life.