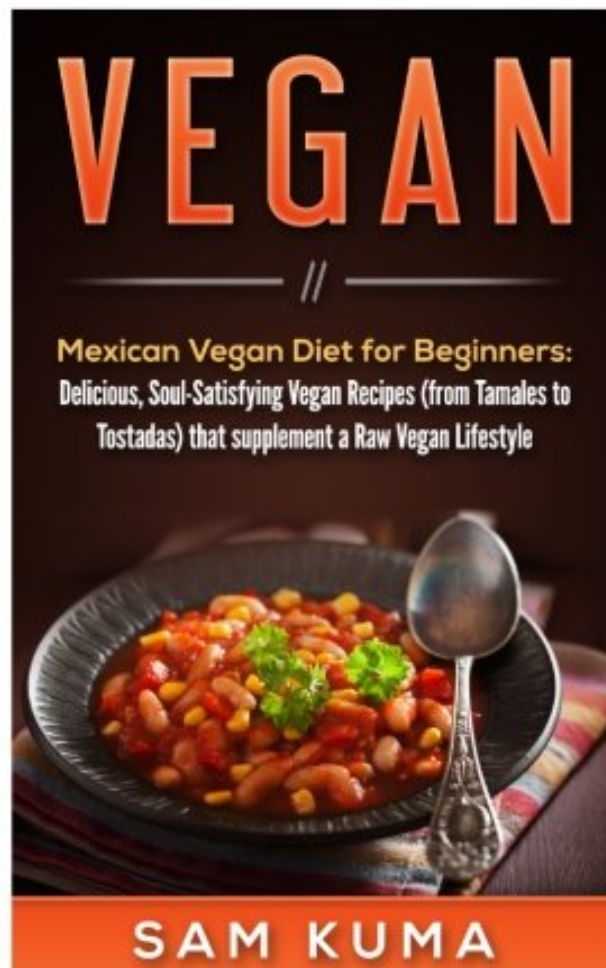


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Sam Kuma

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2 of 2 people found the following review helpful. Mexican food, Mexican culture and eating healthier. Love it!!!By Missy AnneThis is a must-have if you love Mexican food, Mexican culture and eating healthier. Normally most would think the three would not fit together. There are actually many Mexican food recipes that are mostly vegan. This mouthwatering collection of Mexican Vegan Recipes by Sam Kuma provides recipes that are familiar but have healthier ingredients. I'm hungry just talking and writing about it. I cannot wait to try all of my favorites. So far my heart is with the Guacamole recipe. This is how my Aunt Tita taught me to make traditional Mexican Guacamole. Simple ingredients - fresh ingredients - and healthy. This is a great gift to send to friends and loved ones. I received this Ebook for free in exchange for my honest and unbiased review.La vida es buena(Life is good)Missy AnneI received this Ebook for free to review and to provide my honest and unbiased review. I love it!0 of 0 people found the following review helpful. Very happy with this bookBy Zona's Favorite ThingsI am new to vegan cooking and this book is a big help for me to learn how to make healthy meals.I just tried the TOFU NACHOS recipe and I loved it.I have several of the authors vegan cook books because they have simple easy to make recipes that are very tastyvery happy with my book0 of 0 people found the following review helpful. Easy Mexican Vegan/Vegetarian Recipes for BeginnersBy WasabiThe title is a good description of this book. It is a good introduction to Mexican vegan recipes. The recipes are easy yet tasty. There are 7 chapters with at least 8 recipes per chapter. There were some interesting combinations I had not thought of before.

Are you a Vegan that loves Mexican food? Or do you just want to eat healthy Mexican food?Then read below:Being a vegan in the modern world is seen to be a monotonous and lifeless existence. A common misconception is that the vegan diet is synonymous with bland food without much room for desserts, let alone exotic flavors! Well, these all are nothing but misguided opinions and are absolutely not true!With the advent of several dairy-free options such as soy milk, almond milk, soy yogurt etc, being a vegan has become easier. It is actually very much possible to lead a healthy, complete vegan lifestyle with very little inconvenience. You can enjoy all your favorite desserts, ethnic cuisines etc without compromising on your way of life.This book is on Vegan Mexican recipes. Mexican food is among the most popular ethnic foods in the USA and is also gaining popularity across the globe. The variety of spices, herbs, condiments and desserts have long been loved in America.Mexican cuisine is extremely luscious and eccentric. It's a fusion of recipes from many different nations, especially those that have a predominantly Spanish-speaking population. The Mexican cuisine is famous for its unique and tasteful style. The recipes mentioned in this book have been made keeping in mind this essence of Mexican cuisine. You'll definitely find the fiery deliciousness that generally accompanies Mexican cuisine in all the recipes. Hence, we have tried our best to make sure that the vegan Mexican cuisine still has the general lusciousness that we associate with the non-vegan version. There are a large variety of recipes that have been mentioned in this book that are enough to cater to all of your needs. You don't have to follow that same old vegan diet anymore; you can cook up a new cuisine every day. You can experiment and enjoy making food that you will surely love.Try these authentic Mexican vegan recipes today.Mexican Vegan Salsa RecipesMexican Vegan Breakfast RecipesMexican Vegan Soup RecipesMexican Vegan Salad RecipesMexican Vegan Snacks RecipesMexican Vegan Main CourseMexican Vegan Dessert RecipesAvailable To Read On All Kindles, Smart Phones, Laptops And Tablets.Scroll up and Download today