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Gluten-Free Vegan: Healthy Everyday Recipes in under 30 minutes

Sophie Miller

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Gluten-free Vegan
If you are looking to start a diet that is both vegan and gluten-free you are in the right place!
This book will show you to use nutritious ingredients that are healthy and make sure your body isn't missing out on important vitamins that support and nurture the body completely. My aim with this book is to show you what being Vegan is, what gluten is and why some people have to opt for a gluten-free diet. Included in this book:

*** 5 quick fix gluten-free vegan meals that can be ready in just 10 minutes including *Tofu stir-fry***
*** 5 salad recipes including *Apple Celery Crunch***
*** 5 lunch recipes including *Chili Non Carne***
5 dinner recipes including *Lasagna* and *Pizza
***2 Bonus recipes**
6 quick snack recipes including *Granola Bars
6 quick side recipes including *Sweet Potato Fries

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