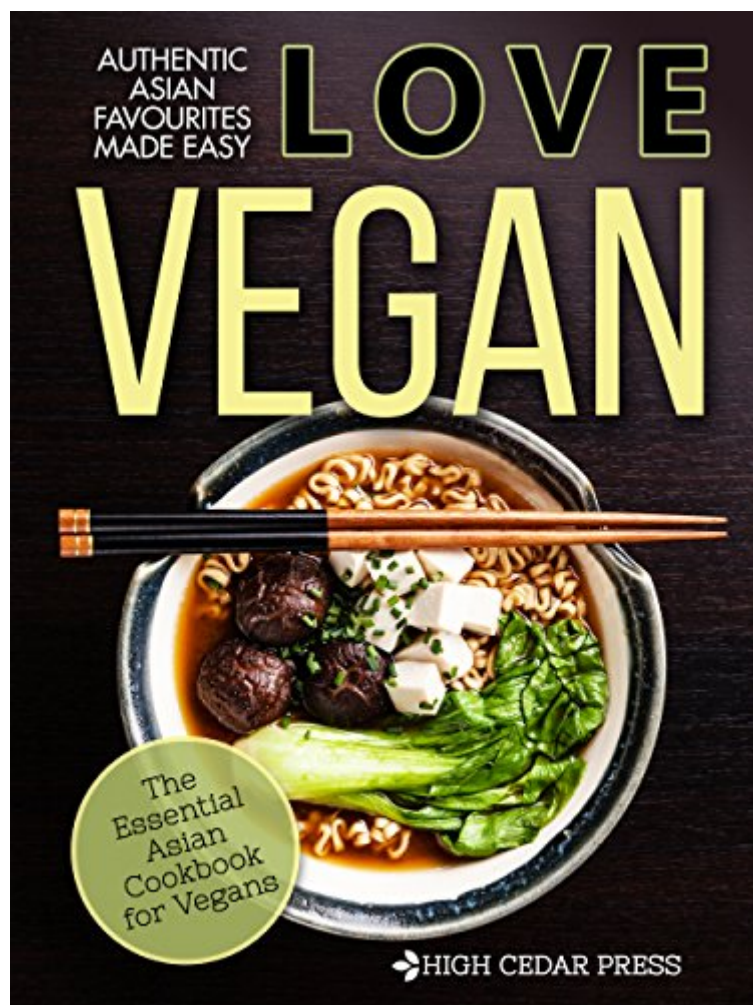


The book was found

Vegan: The Essential Asian Cookbook For Vegans: (+ FREE BONUS BOOK!) (vegan, Vegan Diet, Vegetarian, Gluten Free, Superfood 3)



Synopsis

Discover Simple, Everyday Vegan Meals Inspired by Authentic Asian Flavours Asia is home to a wide range of regional cultures and this diversity is reflected in its cuisine. *Love Vegan: The Essential Asian Cookbook for Vegans*™ incorporates authentic dishes from all over the East so you can enjoy vegan versions of your favourite meals at home. All dishes can be prepared in 30 minutes or less. Each recipe has been carefully tried and tested to retain an authentic taste and texture. Recipes are focused around simple, straight-forward ingredients found in your pantry or easily sourced at your local supermarket. Suitable for vegans, vegetarians or meat eaters looking to reduce their meat intake. A delightful and tantalizing Asian vegan food journey awaits you in the recipes within this book. Whether you are a vegan, a vegetarian or a meat-eater looking to reduce the amount of meat in your diet, this book will inspire you to cook authentic Asian dishes every night of the week. Try These Easy & Exotic Asian Vegan Recipes Today... Traditional Pad Thai, Teriyaki Sweet Potato with Cauliflower Rice, Vietnamese Pho, Malaysian Panang Curry, Kung Pao Chickpeas, Chinese Steamed Buns, Japanese Gyoza, Thai Cashew Coconut Rice, Coconut Crusted Tofu Bites with Creamy Thai Green Sauce, Ginger-Infused Japanese Rice Pudding. And Many More Mouth-Watering Dishes!**** For a limited time only you can enjoy *The Ultimate Chocolate Vegan Mug Cake Cookbook*™, absolutely FREE!**** Download Your Copy Now and Start Cooking Easy & Delicious Asian Vegan Dishes Today! Available To Read On All Kindles, Smart Phones, PC's, Macs & Tablets. Read this book for FREE on Kindle Unlimited. Check Out What Others Are Saying..."This is a beautiful cookbook. This cookbook provides wonderful descriptions of spices, and how to blend your own spice mixtures for a fresher-authentic flavor. As a vegan eater, I tried to avoid or limit my intake of gluten and this cookbook has been a wonderful compliment to my healthy eating habits. Recipes are quick, easy to follow and really delicious." - Susan Green "Just look at the list of mouth-watering recipes in this book. I was surprised by the number of recipes in this book - so many to choose from. I personally love the Sweet Potato with Cauliflower Rice - definitely hooked!" - MommyD "Although I am a vegan, I do not know how to prepare different kinds of vegan recipes. Luckily, a friend of mine introduced this book to me and I decided to buy this book; with the help and use of this guide I've learned a lot. Most of the recipes are simple and inexpensive but very delicious and tasty as well." - Makasta Vhu "This book was very informative when it comes to the different benefits of eating healthy. My family really enjoyed the different recipes. The Miso soup recipe was very tasty." - Samuel Dunbar Tags: vegan, vegetarian, vegetarian cookbook, vegan cookbook, vegan recipes, vegetarian recipes, dairy free, vegan diet, lactose free, egg free, asian cookbook, milk allergy, lactose intolerance, non dairy, thai cookbook, thai recipes, clean eating, raw diet

Book Information

File Size: 3365 KB

Print Length: 85 pages

Simultaneous Device Usage: Unlimited

Publisher: High Cedar Press (October 11, 2015)

Publication Date: October 11, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B016IPNXZE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #123,255 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Thai #19 in Kindle Books > Cookbooks, Food & Wine > Asian Cooking > Thai #21 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits

Customer Reviews

I am not a vegan, but I love vegetables and love dishes made out of them. Try These Easy & Exotic Asian Vegan Recipes Today...I have written down several recipes and will try them: Teriyaki Sweet Potato with Cauliflower Rice, Kung Pao Chickpeas, Coconut Crusted Tofu Bites with Creamy Thai Green Sauce and Ginger-Infused Japanese Rice Pudding!!!Great!

Vegan in an Asian way of cooking is pretty much unique for me. I always encounter vegan food but they only use the western cooking style and I find it repetitive and having this kind of book is heaven. Though I'm not a vegan but I truly appreciate their health benefits and their advantages to our body. And most of the time I find it very delicious and mouthwatering. I can't wait to try all the recipes in this book, it all looks very delicious!

The book is introducing some new recipes with the diversity of culture that is being displayed in this book with the main factor of the preparing the dishes in less than 30 minutes makes it ideal for my

great discover and ready to try out with my seasonl vegan tendencies.

This book was very informative when it comes to the different benefits of eating healthy. I know that Asian cuisine has a different authentic taste in it. This is a good combo for me; Vegan and on Asian cuisine as well. My family really enjoyed the different recipes. The Miso soup recipe was very tasty. I strongly recommend this book to those who has a free time every weekend. I feel that this is a therapeutic way for both couples to bond while cooking at the same time eating healthy.

As an aspiring vegan who loves Asian food, this book brings me so much help, joy and inspiration! I can now recreate my favorite delicious menus. I am a sucker for anything curry and with coconut milk and I am glad they are included. There is wide variety of Asian food, from different country, making it more interesting. I'm so glad I found this gem!

This book was very informative when it comes to the different benefits of eating healthy. Cooking is a hobby for my mother. She cook tasty food and always try new things in her cooking . That's why I brought this book which hold something very delicious recipes. This cookbook celebrates the flavours of the east and shows you how easy it is to prepare exotic and delicious vegan dishes in your very own kitchen-on even the busiest of weeknights . This book follows the philosophy that delicious, exciting and authentically flavoured food can be created using simple and easy to find ingredients. Its aim to shed some light on the vegan lifestyle and healthy benefits that will follow. This is a good combo. I love this recipes.

Recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family. It is indeed a good read and I highly recommend this book to everyone. It's really worth spending my money and time on this book.

[Download to continue reading...](#)

Vegan: The Essential Asian Cookbook for Vegans: (+ FREE BONUS BOOK!) (vegan, vegan diet, vegetarian, gluten free, superfood 3) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Vegan: The Essential Mexican Cookbook for Vegans: (+ FREE BONUS MUG CAKE COOKBOOK!) (vegan, gluten free, vegetarian, clean eating, raw diet 6) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN

FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Superfood Salads: Delicious Vegetarian Superfood Salad Recipes for Healthy Living and Easy Weight Loss (Free Bonus Gift: Easy Vegan Weight Loss Smoothies) (Health and Fitness Books Book 2) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives,raw till 4,whole 30,Slow cooker,crockpot,Cast Iron) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Recipe Cookbook for Healthy Weight Loss 1) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking)

