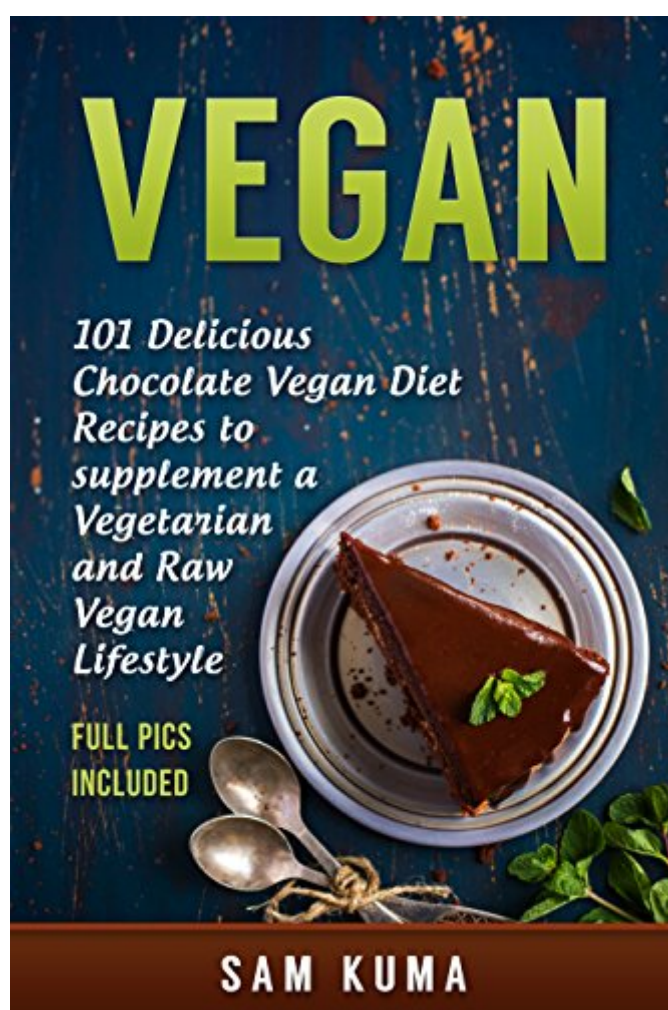


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Vegan: 101 Simple, Easy, Delicious Chocolate Plant Based Vegan Recipes For A Raw Vegan And Vegetarian Diet For Healthy Living And Weight Loss (Gluten Free, ... A Healthy Living Cookbook For Weight Loss)





Synopsis

101 Delicious Chocolate Vegan Diet Recipes to supplement a Vegetarian and Raw Vegan Lifestyle Are you a vegan who loves chocolate? Or just a lover of chocolate but wants to eat healthier? This book is for you. Don't go without one of life's greatest pleasures - CHOCOLATE. Let this book open your mind to the possibilities of Vegan Chocolate recipes. It has a list of vegan recipes that include vegan chocolate sauce, vegan chocolate cakes, vegan chocolate bars, vegan chocolate ice-cream, vegan chocolate cookies, vegan desserts etc. Here are the highlights of this vegan cookbook: How a vegan diet improves your long term health and benefits the eco-system. Vegan Chocolate Breakfast How a vegan diet improves your long term health and benefits the eco-system. Vegan Chocolate Cakes Vegan Chocolate Ice-Cream Vegan Chocolate Smoothies Vegan Chocolate Shakes Vegan Chocolate Smoothies Vegan Chocolate Candies Vegan Chocolate Frostings and Other Vegan Desserts Why is this book special? What differentiates this vegan dessert cookbook from other vegan dessert books is it gives you a vegan chocolate recipe for every occasion. You can have a vegan chocolate pancake for breakfast and a vegan chocolate cake for lunch desert; and also a vegan chocolate shake/cake at the end of dinner. It is also healthy on the body and the environment. It is more comprehensive than other similar books. "101 Chocolate 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. What Customers Say About This Book: "If you think vegan chocolate recipes are boring, how about an Oreo blizzard? Oh - and speaking of oreos, while that brand is vegan, why not make your own? It's in there! You can even have chocolate for breakfast! I mean, it IS one of the major food groups, right? Most of the recipes consisted of things I already have in the pantry or are easily sourced. They seem easy to follow and a few have only 3 ingredients. Read that as something easy you can make when you are having a chocolate withdrawal that doesn't require getting out of your bunny slippers for a run to the store. I just had to try the 3 ingredient brownies - and they were delicious!" - Alicia Taylor "I am so happy to have found this cookbook! I have a major sweet tooth, but because of my digestive issues, I can't be on a semi strict diet to feel good, and one of those food groups eliminated is chocolate. This book gives you recipes for clean desserts that you can enjoy if you can't have dairy or gluten." - Xtine

Book Information

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Customer Reviews

Who doesn't love chocolate?! For us Vegan eaters, it is especially nice to have a go-to author for these special recipes. Sam Kuma has done a wonderful job putting together scrumptious chocolate recipes in this book. The pictures make your mouth water before you even try the recipes! I tried to narrow it down to my top 3 favorites to share with you but failed miserably! How do you choose between Chia pudding, Oatmeal Chocolate Pie, Peanut Butter Macaroons, Cookie Doughs, Chocolate Breads??? Right, you get the point - there are too many great recipes to choose from. Open it up and take a look - you will definitely want this one for your library.

You can't be vegan and eat chocolate! That's what people tell me. So, I have to tell them about the recipes that are in this book. None of the ingredients are of the animal variety. There aren't even eggs. The milk is all nut based and delicious. I've been eating this way for four years but sometimes my diet becomes stale and I need inspiration. That's what this ebook has been for me, an inspiration. I love desserts and when they are healthy, that's the best kind of dessert. I've tried the

Chocolate Chia Smoothie Pudding, Three Ingredient Brownies, and the Chocolate Lava Cake. As soon as my kitchen is back in business, I will try the Chocolate Oreo Cheesecake to take to a picnic this weekend. Because I do eat only plants, my cupboards are already stocked with most of the ingredients needed for these recipes. But, they are readily available at most big box grocery stores. I do hope you try some of these simple and easy desserts. Yummy. I received this product free in exchange for my honest and unbiased review.

A variety of recipes with images included for each. I like that it is not all chocolate, and that other sweets are included too. The recipe book contains puddings, smoothies, ice creams, frostings, custards, brownies and more. I particularly liked the donut and pastry recipes

If you love chocolate as much as me you will enjoy this book. Plan on trying out the Breakfast Smoothie with the chia seeds. The Brownie Breakfast Bake sounds delish. Instead of regular milk he use's almond/coconut milk.

I've been a raw vegan for quite some time now, But i used this recipe for my kids and they love it . very easy to follow and make. will be making again sometime this week ! awesome

101 True Vegan Chocolate recipes and uses maple syrup and dates in some to replace processed sugar. Great collection, my NEW go to vegan chocolate cookbook!

All the recipes I have tried are good. I do modify some of them that contain things I do not eat but they have still been good.

The recipes in this book are delicious and satisfying, especially the chocolate avocado frosting (which I've been using on everything, even swirled into oatmeal). The formatting of some pages is wonky, but I'm sure the publisher will work out those kinks. I received this e-book for free via my participation in the Tomoson program in exchange for an honest review.

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