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When you're restricted to where you can eat out and convenience food isn't so readily available, it's those fast, satisfying homecooked meals that you'll come to rely on. With none of the expensive, hard to find ingredients found in

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many vegan recipes, the 15 Minute Vegan series takes away the hassle of vegan living.

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15-Minute Vegan, Fast, modern vegan cooking by Katy Beskow ...

15-Minute Vegan: Fast, Modern Vegan Cooking. There are some adventurous creations, such as banana-split ice cream with pretzel pieces, as well as some old vegan favorites, such as her coconut and lemongrass rice and a caramelized-red-onion hummus. Beskow offers time-saving recipes for one-pot dishes, such as chili with cinnamon, kidney beans,...

15 Minute Vegan: Fast, Modern Vegan Cooking | Eat Your Books

15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be from shopping to cooking to serving. The book starts with Katy's introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential storecupboard ingredients.

15 Minute Vegan : Fast, Modern Vegan Cooking -

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from 15 Minute Vegan: Fast, Modern Vegan Cooking 15 Minute Vegan by Katy Beskow Categories: Soups; Quick / easy; Cooking for 1 or 2; Spanish; Vegan; Vegetarian Ingredients: red bell peppers; cucumbers; tomatoes; tomato juice; cilantro; spring onions

15-Minute Vegan : Katy Beskow : 9781849499637

vegan cooking for everyone. Whatever your reasons for eating vegan, you should always be able to find pleasure in food. From the fast and delicious end-of-a-long day dinners that stop you reaching for convenience food, to weekend favourites and special treats; my vegan recipe books are full of simple, budget-friendly recipes.

Katy Beskow | 15 minute vegan

15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be from shopping to cooking to serving.

books | Katy Beskow

If you are looking for a modern take on vegan cuisine that is easy, and I mean 15 minutes easy, check this book out!" - LisasProjectVegan.com "The look and feel of the recipes included are so high end for only taking 15 minutes. It gives speed tips throughout to help with individual recipes.

15 Minute Vegan: Fast, modern vegan cooking:

Amazon.co.uk ...

15 Minute Vegan: On a Budget features 100 recipes for home cooks who want to create effortless, fast and delicious vegan food, without the price tag often associated with vegan cooking. All of the ingredients can be purchased in

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15 Minute Vegan: Fast, Modern Vegan Cooking by Katy Beskow

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15 Minute Vegan: On a Budget: Fast, Modern Vegan Food That ...

15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be - from shopping to cooking to serving.

15 Minute Vegan: Fast, modern vegan cooking - Katy Beskow There is a lot to like about the book. The recipes are easy, fast and modern and the design is crisp, clean and easy on the eyes. If you are looking for a modern take on vegan cuisine that is easy, and I mean 15 minutes easy, check this book out!" - LisasProjectVegan.com show more

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