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The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes PDF



by Ginny Kay McMeans : **The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes**

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Description :

PDF-1a114 | A plant-based diet that is as satisfying as Mom's home cooking. Vegan food with down-home appeal is the sort of vegan food Americans want to eat. Sit down to a dinner that looks and tastes great, but just happens to be completely plant-based so it's also good for you. That's how Ginny McMeans cooks, and here she shares 125 of her favorite recipes. Every recipe can also be made-ahead and frozen for l... *The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes*

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