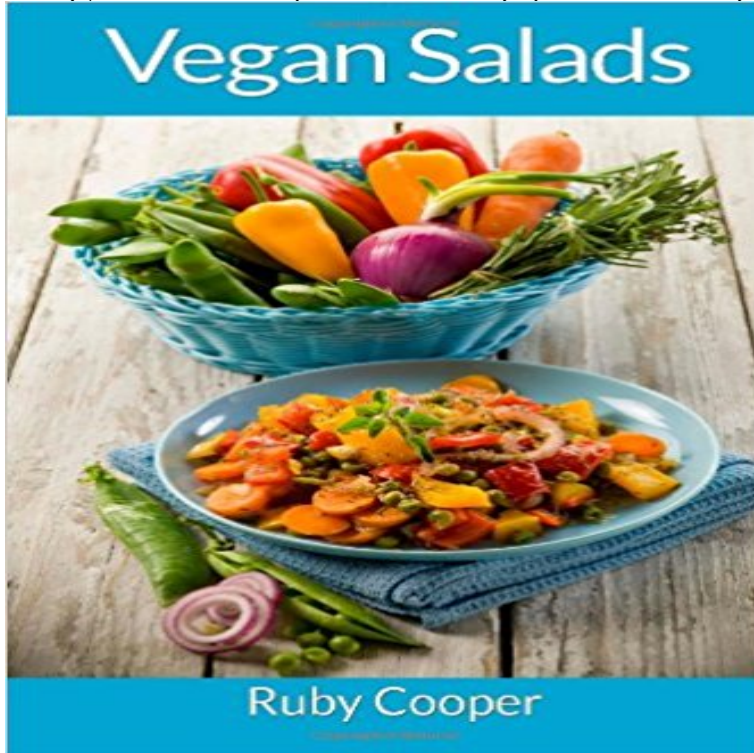


Vegan Salads (Coobooks) (Volume 5)



Vegan Salads- 50 Best Recipes for a Healthier Lifestyle
Veganism goes hand in hand with salads because the latter can bring out the most in both fruits and vegetables, by combining them together in one bowl, then enrich their aroma by adding a silky, creamy and fragrant dressing or vinaigrette. Not only salads are healthy, but also easy to make and not at all time consuming and that makes them the perfect choice for the modern man living in this modern world, always busy with work or family and neglecting part of their diet. Salads are definitely the way out from this vicious circle of bad eating habits and lack of exercise and although salads cannot replace a balanced, nutritious diet, they surely can improve it. This book contains 50 of the best salad recipes out there, all of them using only vegan, fresh ingredients, rich in fibers, vitamins and minerals. You don't need any advanced cooking skills to be able to prepare these recipes, but you do need fresh ingredients and the courage to try new combinations. From there, things are simple and the results go beyond expectations to an improved general health, a proper functioning heart, a better looking skin and healthy hair and nails. All that from including salads into your diet! Can it be simpler than that?!

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