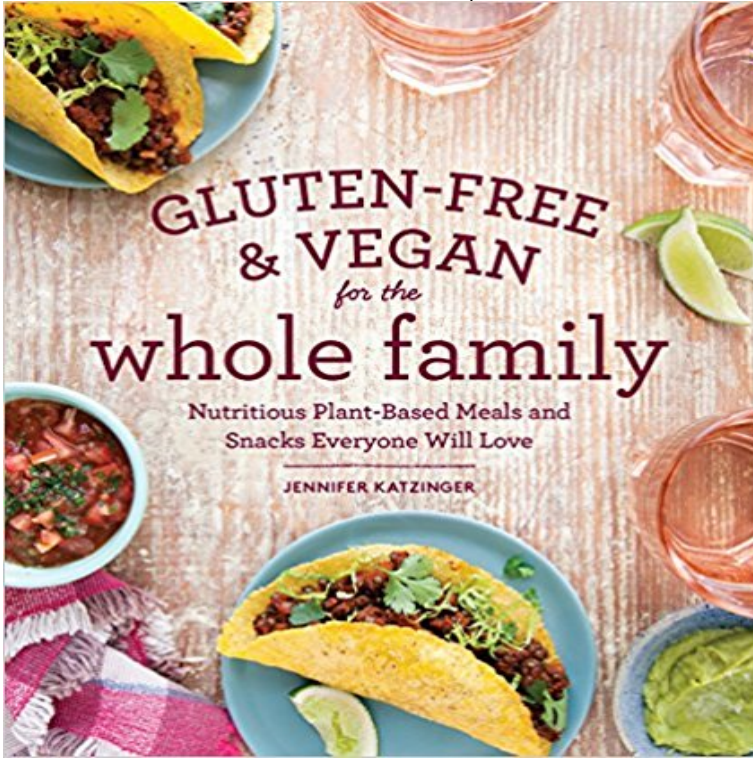


Gluten-Free & Vegan for the Whole Family: Nutritious Plant-Based Meals and Snacks Everyone Will Love



With food allergies and sensitivities continuing to rise, particularly among children, and more people embracing the health benefits of a plant-based diet, these delicious and nutritious recipes are egg-free, dairy-free, gluten-free, and mostly soy-free, and will satisfy even the pickiest eater at the table. Arranged by meals (including snacks), these 90 kid-friendly recipes will make planning easy, and simplify cooking gluten-free and vegan food for the entire family. Nutritionist Raven Bonnar-Pizzorno writes the foreword, giving the recipes her stamp of approval for both kids and adults.

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Gluten-Free & Vegan for the Whole Family: Nutritious Plant-Based Scopri Gluten-Free & Vegan for the Whole Family: Nutritious Plant-based Meals and Snacks Everyone Will Love di Jennifer Katzinger, Raven Bonnar-pizzorno,Â Gluten-Free & Vegan for the Whole Family: Nutritious Plant-Based Nutritious Plant-Based Meals and Snacks Everyone Will Love will make planning easy, and simplify cooking gluten-free and vegan food for the entire family. Gluten-Free & Vegan for the Whole Family: Nutritious Plant-based Find recipes for everything from lasagna to chocolate cake with maple frostingâ€”minus egg, dairy, wheat, and even soy. Eating a nutritious plant based meal has never been easier. You will find amazing gluten free and vegan recipes for breakfast, lunch, snack foods, soups, vegetables, salads, dinners and sweet treats! Gluten-Free & Vegan for the Whole Family: Nutritious Plant-Based Gluten-Free & Vegan for the Whole Family: Nutritious Plant-based Meals and Snacks

particularly among Nutritious Plant-Based Meals and Snacks Everyone Will Love.

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