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TexaVegan: Low-Fat Vegan Recipes

Deborah Brutsche

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Explore the flavorful influences of TexaVegan—a mouthwatering assortment of more than 300 low-fat, vegan recipes. Designed for food-lovers at any stage in the adoption of a plant-based diet, the robust flavors of TexaVegan are essential to any vegan kitchen. These simple, adaptable vegan recipes are sure to be a central resource to your everyday menu planning. Whether you’re new to vegan cooking or own every vegan cookbook imaginable, look to the variety of recipes found in this extensive collection to add a savory zip to your meals. Inside, you’ll find: Spicy Black Bean Burgers Hummingbird Cake Grilled Veggie Salad with Spicy Pepper Dressing Spinach Mushroom Enchiladas Caramelized Onion Gravy Peanut Noodle Salad Pistachio Pesto Fresh Strawberry Yogurt Pie Veggie Pot Pie White and Sweet Potato Casserole There’s something for everyone! Enjoy the simplicity and satisfaction of well-balanced seasonings, vegetables and grains. Embracing the flavors of traditional southern family recipes and savory international dishes, TexaVegan welcomes you to an exciting new world of healthier alternatives. Let this foundation of basic vegan recipes serve as a guide in your journey toward creating meals that satisfy the whole family.

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