

EASY VEGAN APPLE CRUMBLE



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Vegan Apple Crumble Recipe

Karina Inkster



Vegan Apple Crumble Recipe:

Vegan Delights: Sweet, Nutritious, and Easy-to-Make Recipes , Are you ready to satisfy your sweet tooth without the guilt Whether you re new to plant based living or a seasoned vegan Vegan Delights Sweet Nutritious and Easy to Make Recipes is the ultimate guide to indulging in delicious healthy desserts that are both easy to prepare and full of flavor This cookbook is packed with a variety of recipes that prove you don t have to sacrifice taste for nutrition With a wide range of indulgent treats from no bake chocolate bites to decadent fruit filled crumbles each recipe is designed to give you the ultimate dessert experience without relying on dairy refined sugars or processed ingredients Every treat is a celebration of whole plant based goodness making it easy to feel good about the foods you eat What s Inside Wholesome Simple Ingredients All the recipes in Vegan Delights are crafted using simple plant based ingredients that are easy to find at your local grocery store Say goodbye to long ingredient lists and complex techniques These recipes are straightforward and approachable for cooks of all levels from beginners to experienced chefs Sweet Nutritious Enjoy your favorite desserts while nourishing your body with nutrient dense ingredients like avocado coconut almond butter chia seeds and more These treats are packed with antioxidants fiber healthy fats and plant based protein giving you the satisfaction of indulging without compromising your health Indulgent Yet Guilt Free From chocolate dipped banana bites to coconut macaroons you ll find recipes for desserts that are both rich in flavor and light on calories These treats allow you to indulge your cravings in a way that supports your wellness goals whether you re looking to reduce sugar intake maintain a balanced diet or simply enjoy a cleaner plant based lifestyle No Bake and Baked Options Whether you re craving a quick treat or looking to bake something special for a gathering Vegan Delights has something for every occasion Most recipes come together in under 30 minutes with minimal prep and there are also a few baked options for those who love the cozy warm comfort of an oven baked treat Perfect for Any Occasion These vegan delights are not just for vegans They re perfect for anyone who loves good food from busy parents looking to whip up quick snacks to dessert enthusiasts who want healthier alternatives to their favorite indulgences Whether you re preparing a family dinner or hosting a gathering with friends these treats will leave everyone impressed and asking for seconds Fun and Easy to Make No complex techniques required here Each recipe has been crafted with simplicity in mind so you can enjoy the process of baking or preparing without stress These desserts are perfect for kids and beginners who are eager to explore plant based cooking What You ll Find Inside Chocolate Avocado Mousse A rich velvety dessert that s made with wholesome avocado and cocoa powder Coconut Macaroons Crunchy on the outside chewy on the inside with just the right amount of sweetness Chocolate Dipped Banana Bites Sweet creamy banana slices coated in decadent dark chocolate Vegan Salted Caramel Apple Crumble A comforting dessert with a perfect balance of sweet and salty flavors Raspberry Chia Seed Pudding A fresh fruity dessert packed with antioxidants and healthy omega 3s Matcha Almond Butter Cups A creamy earthy matcha filling encased in rich dark chocolate Whether you re looking for a sweet treat after dinner or a healthy snack on the go

Vegan Delights has got you covered Indulge in the joys of guilt free wholesome desserts that will delight your taste buds and nourish your body With easy to follow instructions this cookbook makes it easier than ever to make delicious plant based sweets that everyone can enjoy Start exploring these amazing recipes today and let Vegan Delights bring sweetness into your life one nutritious bite at a time Unbelievably Vegan Charity Morgan,2022-01-18 NATIONAL BESTSELLER 100 big bold sock you sideways plant based vegan recipes from the star of Unbelievably Vegan on Max Charity is taking a practical approach to a plant based diet She provides support and encouragement as she guides you through this exploration Venus Williams from the foreword Whether you re new to plant based eating or already a convert when you cook vegan with Charity Morgan private chef to elite athletes and rock stars you may be leaving out the meat dairy and eggs but you won t be missing out on the flavor and indulgence of all your favorite comfort foods In her first cookbook Charity lays out a plan for anyone who wants to eat less meat whether they are looking to go completely vegan or just be a little bit more meat free Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South where she lives with her family Charity s recipes are full of flavor Think Smoky Jambalaya hearty Jerk Spiced Lentils with Coconut Rice Jalapeno Bae con Corn Cakes with Chili Lime Maple Syrup and a molten decadent Salted Caramel Apple Crisp Unbelievably Vegan offers more than 100 recipes for living a meat free life without giving up your favorite comfort foods Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo She proves that vegan food can be fun filling healthy and above all else unbelievably delicious **The Garden of Vegan** Kramer Sarah,Barnard Tanya,2010-05-07 When How It All Vegan Irresistible Recipes for an Animal Free Diet was published in 1999 authors Tanya Barnard and Sarah Kramer were hailed for their fun and outlandish approach to vegan cooking taking it out of the realm of the staid and the boring to create truly original animal free dishes Fifteen printings and 125 000 copies later How It All Vegan was a Book Sense 76 selection in the US and is Arsenal s bestselling title to date The Garden of Vegan How It All Vegan Again picks up where the first book left off Tanya and Sarah vegan chefs extraordinaire have created truly delectable truly original new recipes that manage to leave the animal products including butter milk cheese and honey where they belong with their natural owners Where How It All Vegan was in many ways a bible for the uninitiated vegan The Garden of Vegan goes one step further offering recipes for a more sophisticated palate that add funky twists to familiar dishes bursting with colour and flavour At the same time they are fun and easy to prepare even for those of us who find boiling water a challenge Whether you re a full time vegan or just interested in creating fabulous animal free meals The Garden of Vegan will lead you into temptation with its inspiring array of vegan goodies So skip that steak and forget that fish It s time to discover how it all vegan again Two colour throughout **Vegan Vitality** Karina Inkster,2014-11-25 A guide to veganism for active lifestyles with one hundred delicious recipes The culture of food in North America is changing and fast More than eight million North Americans choose to exclude meat from their diets and an additional twenty five million rarely eat meat Many

of these individuals consume no animal products whatsoever Why do these vegans and vegetarians choose to forgo steak yogurt or ice cream Most commonly they cite increasing and maintaining personal health Add to this the steadily growing population of health and fitness enthusiasts who adopt plant based diets temporarily to meet their performance goals plus those looking to vegan diets for weight loss and we ve got a full blown diet and lifestyle movement quickly expanding across the globe Vegan Vitality is a comprehensive active living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives Karina Inkster motivates and inspires readers to increase the quality and length of their lives by enjoying a whole foods plant based diet and engaging in regular exercise With healthy living advice for everyone from beginners to amateur athletes as well as a well rounded collection of one hundred mouthwatering recipes specifically created to fuel active living this book sets itself apart from existing titles by bridging the gap between diet and fitness approaching health holistically and as a long term lifestyle Also included are interviews with vegan athletes and fitness professionals each providing their own recipes top secret tips and habits for healthy active plant based living Skyhorse Publishing along with our Good Books and Arcade imprints is proud to publish a broad range of cookbooks including books on juicing grilling baking frying home brewing and winemaking slow cookers and cast iron cooking We ve been successful with books on gluten free cooking vegetarian and vegan cooking paleo raw foods and more Our list includes French cooking Swedish cooking Austrian and German cooking Cajun cooking as well as books on jerky canning and preserving peanut butter meatballs oil and vinegar bone broth and more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home

Vegan Casseroles Julie Hasson, 2014-10-07

When it comes to traditional comfort food most of the key ingredients are off limits to health conscious vegans But giving up shepherd s pie eggplant parm and cheesy rice casserole was not an option for Julie Hasson who took on the challenge to recreate flavors she loved but without the cheese eggs butter and cholesterol The results are a mix of retro flavors such as Nacho Cheesy Sauce and a lighter Cream of Mushroom Soup and fresh veggie forward dishes like Mediterranean Stuffed Cabbage Rolls and Summer Corn Custard The recipes come together quickly focus on healthier substitutions without the trans fats and are endorsed by some of the toughest critics Julie s college aged children and their visiting friends With recipes like Zucchini Basil Lasagna and Tamale Pie you re guaranteed to find a casserole you ll love You can even make your own casserole creations by pairing any of the super simple sauces with your favorite veggies and rice or pasta Of course desserts are an important cap to any casserole based meal satisfy your sweet tooth with dishes like Rustic Bread Pudding Now dig in and feel good about it

Vegan Slow Cooking for Two or Just for You Kathy Hester, 2013-08-06 A slow cooker cookbook filled with fantastic recipes that are perfectly sized for smaller households Stephanie O Dea New York Times bestselling author of Make it Fast Cook it Slow If you have a small family or are looking for better portioned vegan meals that don t force

you to eat chili for a week straight Vegan Slow Cooking for Two or Just for You is the perfect resource for you Featuring recipes geared specifically for use with a 1 5 to 2 quart slow cooker you ll find endless meal ideas that you can make with minimal effort and maximum taste Just prep a few items the night before or morning of and come home to a hot meal or side or dessert the moment you walk in the door The little slow cooker is so easy to use that it makes cooking everyday a snap so you can have a healthy variety of foods at a fraction of the cost of eating out Inside you ll find a whole new world of food to fall in love with from breakfast y Pumpkin Polenta to comforting White Bean Quinoa Gumbo to luscious Blueberry Lemon Cake You ll be amazed at what your little slow cooker can do Hester presents a collection of unique small batch recipes from breakfast to dessert accompanied by beautiful photographs demonstrating that slow cooked food can be vibrant and colorful

VERDICT Vegans vegetarians and anyone seeking healthy appetizing slow cooker recipes in small portions will find this title informative and inspiring Library Journal **The Joy of Vegan Baking, Revised and Updated Edition** Colleen Patrick-Goudreau, 2017-07 Cakes and cookies crepes and pies puddings and pastries The Joy of Vegan Baking Revised and Updated Edition shows just how delectable baking without eggs and dairy can be **Feed Me Vegan** Lucy Watson, 2017-09-07 BEST VEGAN COOKBOOK WINNER IN THE PETA VEGAN FOOD AWARDS 2017 Packed with comforting easy to make and totally delicious recipes Feed Me Vegan shows you can be vegan and still have your cake and mac and cheese and lasagne and pancakes and eat it Passionate vegan Lucy Watson has you covered with tempting meals from breakfast to supper as well as all the sweet treats and snacks you need in between Enough to turn the head of even the most dedicated carnivore Feed Me Vegan is full of tasty satisfying vegan fare which will have everyone asking for seconds Whether you re already a full time vegan considering making the switch or just trying to cut down on meats fish and dairy this book is sure to add new favourite recipes to your repertoire Recipes Include Fry Up French Toast with Spiced Plums Cauliflower Wings Mushroom Mac and Cheese Ultimate Cheeseburger Pad Thai Oreo Thickshake Chocolate Fudge Cake Hot Cinnamon Jam Doughnuts Miso Aubergine and Mushroom Gyoza Celebrate Vegan Dynise Balcavage, 2011-11-01 Traditional and contemporary vegan recipes for holiday celebrations year round Food and holidays go hand in hand but for many vegans cooking traditional celebration menus can be stressful Now from the author of Urban Vegan comes this gathering of flavorful animal free celebratory recipes both traditional and contemporary using seasonal ingredients This book covers the spectrum of holidays from across the globe public religious and even quirky lesser known holidays Celebrate Vegan also includes recipes for important milestones such as birthdays weddings and anniversaries as well as menus for everyday celebrations like Girls Night In Snow Day Tailgate Party and Slumber Party Celebrate Vegan uses mainly pantry staples although a few recipes call for more exotic ingredients Seasoned chefs and cooking novices alike will find the chatty recipes easy to follow Most recipes are simple while more elaborate holiday treats invite readers to explore new techniques Sidebars bring to light unfamiliar holidays as well as interesting facts and cooking tips The Spiralizer Recipe Book Carina Wolff, 2016-06-03

Vegetable spiralizers are the latest must have kitchen gadget and with good reason They re affordable easy to use and make healthy eating fun and quick Whether you re following a Paleo gluten free raw or low carb diet you ll find unique ideas for satisfying fiber rich meals that are built around healthy vegetables and fruit Amazon com [The Joy of Vegan Baking](#) Colleen Patrick-Goudreau,2007-10-01 DIVWhether you want to bake dairy and egg free for health ethical or environmental reasons The Joy of Vegan Baking lets you have your cake and eat it too Featuring 150 familiar favorites from cakes cookies and crepes to pies puddings and pastries this book will show you just how easy convenient and delectable baking without eggs and dairy can be A seasoned cooking instructor and self described joyful vegan author Colleen Patrick Goudreau puts to rest the myth that vegan baking is an inferior alternative to non vegan baking putting it in its rightful place as a legitimate contender in the baking arena More than just a collection of recipes this informative cookbook is a valuable resource for any baker novice or seasoned Learn just how easy it is to enjoy your favorite homespun goodies without compromising your health or values Chocolate Chip Scones Cranberry Nut Bread Lemon Cheesecake Dessert Crepes Strawberry Pie with Chocolate Chunks Cinnamon Coffee Cake Chocolate Peanut Butter Cupcakes Raspberry Sorbet Oatmeal Raisin Cookies Soft Pretzels Blueberry Cobbler Chocolate Almond Brittle Free of saturated fat cholesterol and lactose but full of flavor flair and familiarity each and every recipe will have you declaring I can t believe it s vegan Complete with luscious color photos this book will be an essential reference for every vegan div **The Vegan Athlete** Karina Inkster,2021-02-09 Cook smarter and feel better with one hundred delicious recipes Completely revised and updated from the author s previous Vegan Vitality this is the ultimate guide to veganism for active lifestyles More than eight million North Americans choose to exclude meat from their diets and an additional twenty five million rarely eat meat Many of these individuals consume no animal products whatsoever Why do these vegans and vegetarians choose to forgo steak yogurt or ice cream Most commonly they cite increasing and maintaining personal health Add to this the steadily growing population of health and fitness enthusiasts who adopt plant based diets temporarily to meet their performance goals plus those looking to vegan diets for weight loss and we ve got a full blown diet and lifestyle movement quickly expanding across the globe This is a comprehensive active living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives Fitness and nutrition coach Karina Inkster motivates and inspires readers to increase the quality and length of their lives by enjoying a whole foods plant based diet and engaging in regular exercise Recipes include Apple spice baked oatmeal Open face smoky melt Vegan scalloped potatoes Homemade energy bars Thai peanut curry with veggies tofu and pineapple African stew Clean n green flatbread No cream of cauliflower soup Mediterranean medley salad Chocolate dipped strawberry smoothie So many more With healthy living advice for everyone from beginners to amateur athletes as well as a well rounded collection of one hundred mouthwatering recipes specifically created to fuel active living this book sets itself apart by bridging the gap between diet and fitness approaching health holistically and as a long term lifestyle Also included are

interviews with vegan athletes and fitness professionals each providing their own recipes top secret tips and habits for healthy active plant based living The Fast 800 Treats Recipe Book Dr Clare Bailey Mosley,Kathryn Bruton,2024-04-25 This book is about celebrating and savouring indulgent and satisfying healthy treats Whether sweet or savoury my hope is that every treat will be a joy to make eat and share with all the family DR CLARE BAILEY In this enticing new cookbook Dr Clare Bailey shows you how to create fabulous bakes sweet treats and desserts with recipes that are low in sugar high in protein yet irresistibly delicious From family favourites such as brownies cheesecakes and crumbles to healthy cupcakes scones and bite size muffins The Fast 800 Treats Recipe Book brings you sweet treats and savoury snacks that won t send your blood sugars soaring Featuring 80 indulgent recipes that make use of healthy and natural ingredients plus top tips on ingredient swaps and how to weave these recipes into your Fast 800 Programme this book is full of goodies for every occasion Including Chocolate Peanut Butter Cookies All time favourite Chocolate Mug Cake Pistachio and Cranberry Bliss Balls Basil and Feta Muffins Cheat Custard Tarts Chocolate Chip Banana Bread Three ingredient Chocolate Mousse Strawberry and Cream Ice Pops And more *Decadent Vegan Cakes* Charlotte Roberts,2023-06-06 Whip Up Bakery Quality Vegan Cakes Right in Your Own Kitchen Making delicious plant based cakes is foolproof thanks to this outstanding collection of recipes from blogger Charlotte Roberts Ranging from mouthwatering layer cakes perfect for a celebration to tasty loaf cakes that can be ready in no time at all Charlotte s wide array of bakes have you covered no matter what flavor or style of cake you re in the mood for Her craveworthy recipes include Ultimate Chocolate Fudge Cake Gingerbread Latte Layer Cake Lemon Curd Poppyseed Cake Apple Crumble Loaf Cake The Best Vegan Coconut Cake Chocolate Orange Layer Cake Strawberry Swirl Cake Browned Butter Chai Cupcakes Carrot Cake Loaf Pumpkin Spiced Layer Cake Bursting with recipes that will bring you back for seconds and maybe thirds as well as all the tips and tricks you need to demystify vegan baking this will be your go to guide for vegan cakes for every occasion **Living Vegan For Dummies** Alexandra Jamieson,2009-12-02 The fun and easy way to live a vegan lifestyle Are you thinking about becoming a vegan Already a practicing vegan More than 3 million Americans currently live a vegan lifestyle and that number is growing Living Vegan For Dummies is your one stop resource for understanding vegan practices sharing them with your friends and loved ones and maintaining a vegan way of life This friendly practical guide explains the types of products that vegans abstain from eating and consuming and provides healthy and animal free options You ll see how to create a balanced nutritious vegan diet read food and product labels to determine animal derived product content and stock a vegan pantry You ll also get 40 great tasting recipes to expand your cooking repertoire Features expert guidance in living a vegan lifestyle and explaining it to friends and family Includes proper dietary guidelines so you can get the nutrition you need Gives you several action plans for making the switch to veganism Provides parents with everything they need to understand and support their children s choices With the tips and advice in Living Vegan For Dummies you can truly live and enjoy a vegan way of life Simple and

Delicious Vegan Michaela Vais, 2023-01-10 The Vegan Plant Based Cookbook You'll Love Even if you own other vegan cookbooks this book is going to be the bible of vegan cooking you'll turn to time and again Dee Dine creator of the Green Smoothie Gourmet blog and author of Crazy Healthy with 4 Ingredients Amazon Editors Pick Best Cookbooks Food Wine 1 New Release in Gluten Free Diets Vegan Cooking Raw Cooking Perfect for spicing up your diet healing with food and embracing sustainable living Simple and Delicious Vegan is a vegan plant based cookbook filled with delicious gluten free vegan breakfast ideas vegan lunch ideas dairy and gluten free snacks and unbelievable vegan dinners Eat Plants be happy Simple and Delicious Vegan makes cooking healthy food that tastes good easy as pie Enjoy original easy recipes that are healthy allergy friendly delicious and good for both your body and the planet Only a few recipes contain nuts soy or corn with substitutions always provided This cookbook keeps things simple by providing metric and imperial measurements cups ounces and grams Lovingly photographed Simple and Delicious Vegan also offers ingredient shots so you see what to buy getting you cooking and eating faster Learn how to cook plant based food from an expert Popular blogger and author Michaela Vais or Ela was a vegetarian by age six In 2011 she made her best decision yet and went vegan She gained energy cured her cystic acne and connected with the earth in a new way In this vegan plant based cookbook she shares what she's learned so you too can reap the benefits Inside find Innovative gluten free breakfast lunch and dinner ideas Delicious plant based recipes like banana baked oatmeal hearty lentil stew and zucchini brownies Healthy allergy friendly foods with recommended ingredient substitutions And much more If you liked Unbelievably Vegan Be A Plant Based Woman Warrior or The Fiber Fueled Cookbook you'll love Simple and Delicious Vegan

The Whole Vegetable Sophie Gordon, 2022-01-06 Discover wholesome sustainable and plant based dishes in this essential cookbook perfect for anyone looking to reduce their waste this year Hearty healthy flavour packed dishes MAIL ON SUNDAY A uniquely sustainable and delicious approach to modern plant based cooking VOGUE The Whole Vegetable blew me away Full of inventive waste free recipes Tom Hunt GUARDIAN _____ Have you ever wondered how to make your diet truly eco conscious In this beautiful plant based cookbook over 130 creative delicious planet friendly recipes put vegetables at the very centre of the table Embracing often discarded parts such as leaves stalks tops flowers seeds and even peelings this is cooking at its most sustainable In The Whole Vegetable Sophie Gordon shows us how to Cook with every part of every vegetable Reduce waste in your cooking Reinvent your leftovers Eat with the seasons From Cauliflower Carbonara Broccoli Pesto and Chunky Pumpkin Tacos to Cherry Breakfast Crumble Maple Roasted Pears and Apple Walnut Danish Buns The Whole Vegetable is packed with thoughtful recipes for every season Most of all it will ensure that nothing in your kitchen goes to waste _____ Creative delicious planet friendly recipes Teaches you how to put those often discarded parts of fruit and veg to good and tasty use Women's Health Wow Sophie Gordon's The Whole Vegetable blew me away I wonder if she is the next Anna Jones A seasonal plant centric whole food recipe book without ultra processed vegan ingredients The recipes are super inventive and

importantly waste free Eco Chef Tom Hunt The Whole Vegetable heroes plant based cookery with recipes that also help reduce food waste in the kitchen and improve sustainable living A worthwhile read Good Housekeeping *Fall Baking Favorites: 275+ Seasonal Breads, Pies, Cookies & More* Julian Hayes,2025-09-06 Do you love the warm comforting scents of autumn baking Are you looking for the perfect recipes for the fall season Fall Baking Favorites is the only cookbook you will need from the first cool day until Thanksgiving This giant collection is packed with over 275 seasonal recipes to make your autumn delicious and special This book celebrates all the best flavors of the season You will find everything from pumpkin spice and apple cinnamon to maple and pecan Each recipe is designed with clear simple instructions so you can bake with confidence This is your complete guide for cozy weekends and holiday gatherings Inside this huge collection you will find Warm breakfast breads fluffy muffins and tender scones Every pie tart and cobbler you need for a perfect Thanksgiving Dozens of cookies brownies and bars for fall festivals and parties Beautiful cakes full of autumn spices for any celebration Easy to follow directions for home bakers of all skill levels This book gives you endless ideas for the entire season You will have a reliable go to recipe for every occasion Make this your most delicious autumn ever Scroll up and click the Buy Now button to get your copy today *The Healthy Blackstone Griddle Cookbook* Tabitha Lois, Transform your Blackstone griddle into the ultimate backyard cooking machine Whether you are firing it up for the first time or you are a seasoned griddle master this cookbook is your guide to creating unforgettable meals for any occasion Move beyond the basics and unlock the full potential of your flat top grill with recipes and techniques that will have everyone asking for seconds From sizzling breakfasts to gourmet dinners discover how easy it is to make every meal an event Inside You ll Discover A Wide Variety of Delicious Recipes Explore a huge selection of mouth watering dishes for breakfast lunch and dinner Find everything from fluffy pancakes and crispy bacon to juicy smash burgers perfectly seared steaks and vibrant vegetable medleys Easy to Follow Instructions Each recipe includes precise cooking times ideal griddle temperatures and clear step by step guidance We ve taken the guesswork out of griddling so you can cook with confidence and achieve perfect results every time Essential Griddle Mastery Learn the fundamentals from seasoning and cleaning your griddle to controlling temperature zones Our tips on maintenance will ensure your Blackstone performs flawlessly for years to come Advanced Cooking Techniques Ready to impress Master pro level skills like restaurant quality searing roasting and smoking Elevate your cooking with gourmet recipes like Filet Mignon with Herb Butter and Honey Mustard Marinated Pork Ribs This is more than just a recipe book it s your complete manual for becoming the hero of your backyard cookouts Grab your copy today and start griddling like a pro Eaternity Jason Wrobel,2016-04-05 Get ready to rock delicious meat free recipes like a boss with this vegan recipe and lifestyle book from the chef behind the hit cooking show How to Live to 100 Let s face it not everyone is in the mood for wheatgrass shots seaweed salads and buckwheat granola 24 7 Sometimes you just need a juicy burger gooey nachos fluffy chocolate chip pancakes or raw cookie dough am I right Eaternity offers nutritious and delicious plant based recipes

guaranteed to satisfy all of your insane comfort food cravings and more Jason Wrobel shows you his health friendly spins on all of the above as well as Caesar salad fudge brownies asparagus risotto tortilla soup and wait for it salted caramel waffles Just one bite and you ll be obsessed Unlike most cookbooks that merely tell you what to eat and how to make it Eaternity gives you the current research and science behind today s major health concerns and explains why you should eat certain foods based on your individual goals whether it s to lose weight have more energy sleep sounder be stronger boost your libido or just feel better You ll learn why eating real unprocessed foods can help you live longer and how to have fun doing it With a light no pressure vibe wicked humor and drool worthy food photography Eaternity makes it easy to bring it on down to veganville and feel awesome It s Nutrition 101 meets healthy food porn that s so crazy good you ll want to eat this way all the time

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