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COOKING with RENE 20 EASY and DELICIOUS VEGAN RECIPES: FEATURING HEARTY SOUPS

RENE EMMARK

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COOKING with RENE 20 EASY and DELICIOUS VEGAN RECIPES: FEATURING HEARTY SOUPS RENE EMMARK
THIS BOOK CONTAINS 20 SINGLE SERVING and/or COOKING FOR TWO GLUTEN-FREE VEGAN SOUP RECIPES THAN CAN BE MADE QUICKLY OR STORED IN THE FREEZER FOR A FAST MEAL ANYTIME!. EASY-N-DELICIOUS SOUPS LOADED WITH HEALTHY CHOICES!. RECIPES INCLUDE NUTRITIONAL INFORMATION AND SIMPLE DIRECTIONS. ALL FOR JUST .99 CENTS! YOU CAN USE MOST OF THESE RECIPES AS A HEALTHY START TO ANY SOUP BY JUST MODIFYING THEM WITH NON-VEGAN INGREDIENTS SUCH AS MEATS AND CHEESES IF SO DESIRED.

With the fall approaching swiftly, all we want is to sit inside the house and stay warm and cozy. It's the season when rich, hearty soups add the much required warmth and comfort to the long winter months. Soups also provide the necessary nutrients and are lower on the calories. You can enjoy a large bowl of a hearty soup without worrying about taking in extra calories.
A hearty soup makes up a complete meal in itself as it consists of lots of vegetables, beans, lentils, and nuts. These are loaded with nutrients and can be prepared within a short period of time without ample of cooking steps. You just need to put in the ingredients and let the soup simmer. Simmering is an important part in the making of every soup as it brings out the flavors from every single ingredient.
This ebook is a perfect compilation of hearty soups that will satiate your cravings for a rich meal. Ranging from mild to spicy and creamy, each of these soups offer a good combination of nutrients and flavors for your health and palate this season.

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