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IT S VEGAN AND IT TASTES GOOD (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Vegan Tastes Good. Who Knew? Many people equate a vegan/raw diet with deprivation, thinking that recipes prepared without eggs, butter, meat or other animal products and; or foods that are not cooked are certain to be tasteless and boring. Eating a healthy vegan diet has shown to prevent a number of diseases. Such as: Cardiovascular disease, Cholesterol, High Blood pressure,...

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- Authored by Cesily De Angelo
- Released at 2012

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