



Tasty Herbal Vegan Kitchen

Dayna Colvin

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The Tasty Herbal Vegan Kitchen cookbook contains over 100 delicious, healthy, organic, vegan recipes that are simple and easy to prepare and are very kid friendly. I've been a healthy, herbal, vegan cook for more than 20 years and cooking in the kitchen is one of my favorite passions. I'm a holistic, herbalist, vegan and all of my recipes are designed to keep the body well and feeling good. Recipes range from soups to salads to sandwiches to rice and pasta to desserts. All the recipes are tasty and simple to prepare and are very comforting. You will find various healing herbs in my recipes, including ginger, garlic, onion, green chives, and thyme. Some recipes are gluten-free, some are raw and all of the recipes are vegan, delicious, and very healthy. Whether you are a beginner or a seasoned cook, you will enjoy getting much use out of this cookbook.

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