# **HEALTHY DELICIOUS VEGAN RECIPES**



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Pasta is an all-time favorite for kids and adults. It's quick and easy to whip up. And it's so versatile! Our current favorite is our own healthy vegan mac and cheese with some crunchy broccoli and whole grain pasta. Everyone we served this dish thought it to be rather unhealthy, rich, and definitely not vegan - which couldn't be further from the truth.

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Lucky for us, plant-based foods are packed with omega-3 fats, so eat up as many of them as you can so you can get the benefits. Here are 10 recipes to get you started, all fish-free and 100

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#### Elavegan Simple healthy and delicious vegan recipes

Healthy Flourless Brownies. Brownies will remain my favorite dessert. Period. I just love them, especially when they are fudgy, super chocolatey, and rich. Like these healthy flourless brownies with the most epic sweet potato frosting.

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## 23 Healthy Vegan Quinoa Recipes Vegan Heaven

Do you love quinoa as much as I do? We make it at least two or three times a week and it's so healthy and versatile! These 23 vegan quinoa recipes are perfect when you want to eat healthier! Quinoa is not only super delicious, it's also incredibly good for you! And it's pretty easy to prepare, which makes it perfect for quick weeknight meals.

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