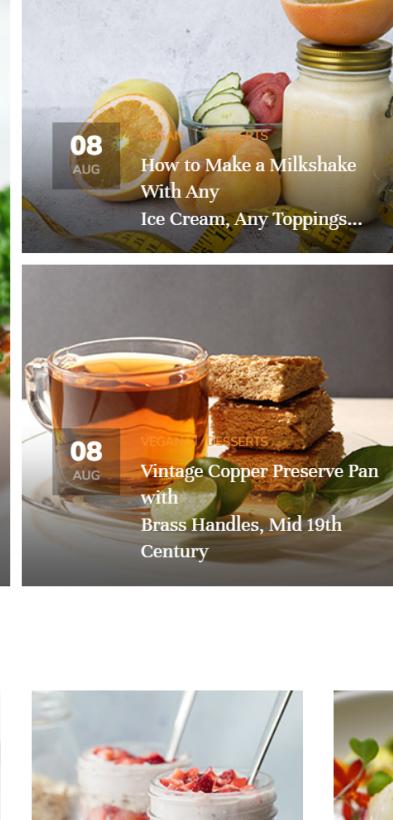


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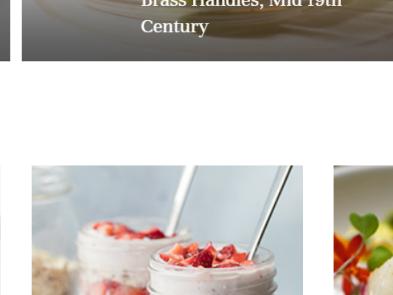
Vegan White Peach Mug Cobbler With Cardamom
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by Admin | 3 min read | 20 Comment



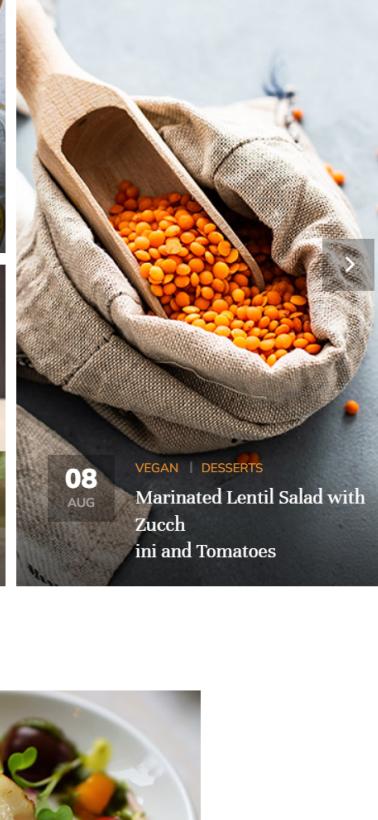
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How to Make a Milkshake With Any Ice Cream, Any Toppings...



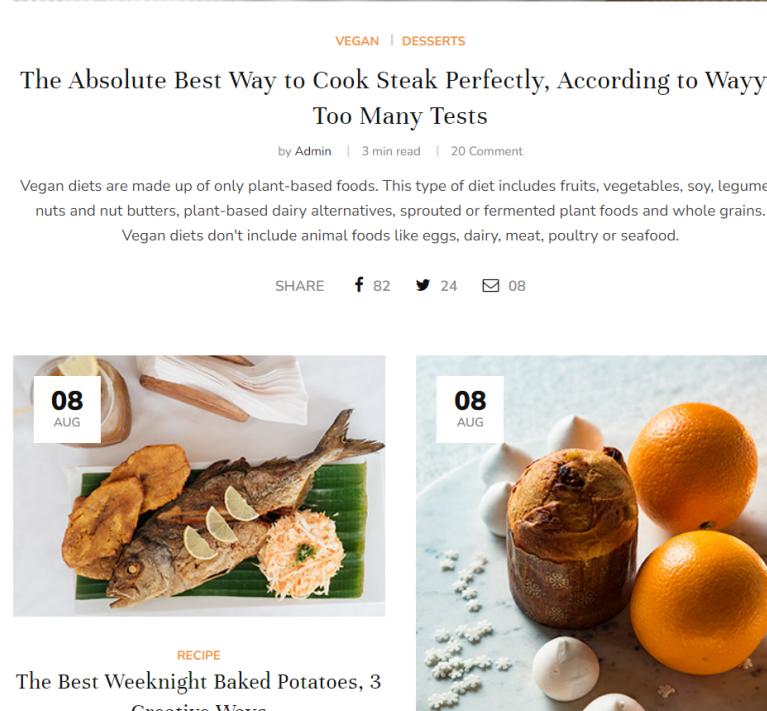
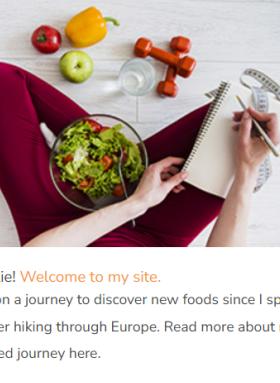
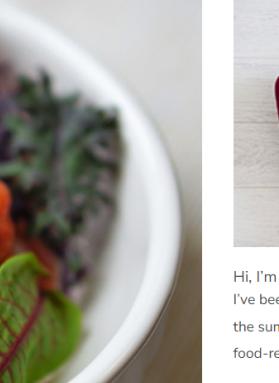
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Vintage Copper Preserve Pan with Brass Handles, Mid 19th Century



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Vegan Desserts Marinated Lentil Salad with Zucchini and Tomatoes



Vegan Desserts

The Absolute Best Way to Cook Steak Perfectly, According to Wayyy Too Many Tests

by Admin | 3 min read | 20 Comment

Vegan diets are made up of only plant-based foods. This type of diet includes fruits, vegetables, soy, legumes, nuts and nut butters, plant-based dairy alternatives, sprouted or fermented plant foods and whole grains.

Vegan diets don't include animal foods like eggs, dairy, meat, poultry or seafood.

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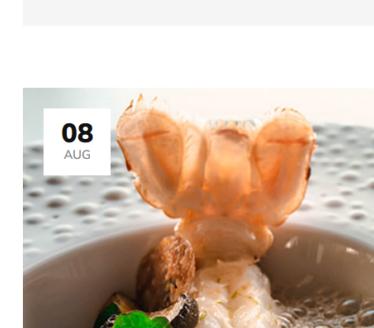


RECIPE

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BLOG

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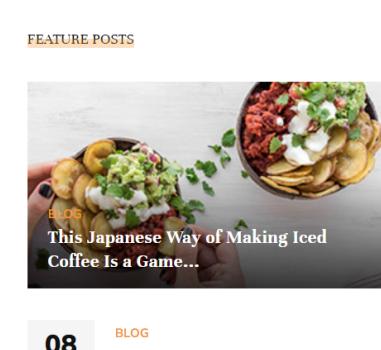
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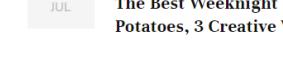
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Recipes	128
Blog	32
Dessert	86
Smoothie	25
Drinks	36
Cakes	15

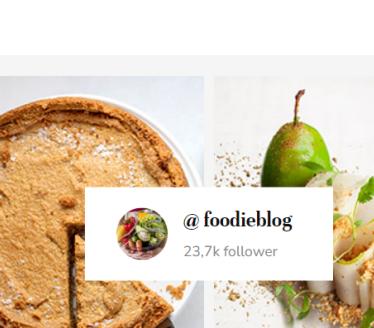
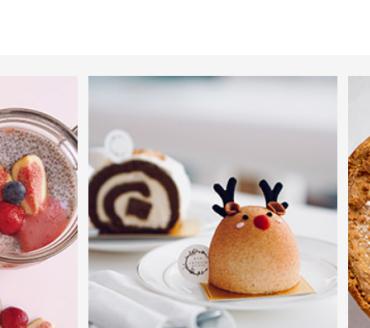


VEGAN | DESSERTS

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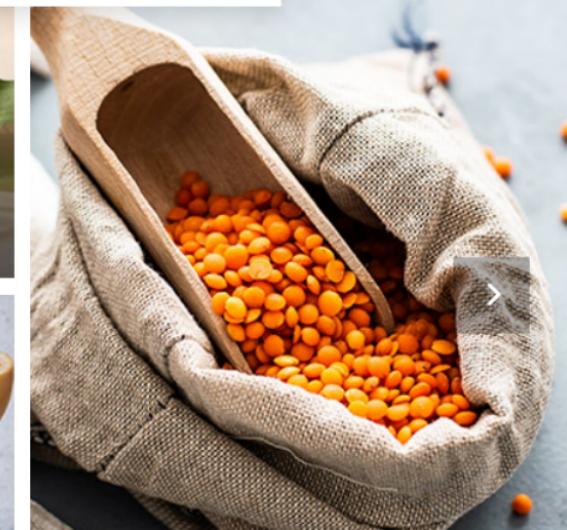
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VEGAN | DESSERTS



About me

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HELLO EVERY ONE !!!

This blog is for anyone who loves to cook and for everyone who doesn't.

I love to cook, but I haven't always. In fact, for most of my early adult life, cooking dinner usually meant microwaving a frozen dinner or adding boiling water to something that came from a box. It wasn't until I got married that I started eating real food because I married a guy who cooks. I started joining him in the kitchen and realized that cooking could be fun. Eating real food was really fun. And gaining confidence as a home chef? That was life changing!

Here are five reasons I think you'll love my blog, whether you're a seasoned chef or just starting out:

- **Great recipes.** It's a food blog, so naturally you're going to find recipes here. But I only share the recipes I really, truly love. You won't find anything here that I've never made before or would never make again. Every recipe I post has my stamp of approval—if I wouldn't eat it or serve it, you won't find it here.
- **Step-by-step instructions with photos.** When I first started cooking, I was unsure about so many things: How big should I dice the onions? How thick should I cut the vegetables? What should this look like halfway through the recipe when it looks NOTHING like the final photo? When I created this blog, my goal was to take away some of that uncertainty by including tons of photos to bring each step of the recipe to life.
- **Helpful tips and techniques.** I love learning any skill that helps me get the job done faster, easier or with a better result. That's why I created a page of nothing but useful tips and techniques.
- **Bloopers.** Let's face it – sometimes cooking just doesn't go as planned. Don't let that discourage you, though. Look at my mistakes, learn from them and laugh along with me. It's just food...if it doesn't turn out, salvage what you can, toss the rest and just try again next time.
- **Fun!** Food and fun come together in this blog because everything about food should be fun: eating it, making it and even making a mess of it.



Blog

Home / Blog

Enjoy hundreds of easy, delicious recipes that anyone can make. Eating healthy costs less than you'd think!

REAL FOOD TRAVEL

I love to travel, and the best part of traveling is all the great food! Doing a little research before a trip helps to make it more relaxing, so I like to line up lots of unique restaurants and food experiences whenever I'm planning to visit a new destination. It's easy to find real food on the road if you know where to look.

Making homemade food is almost always less expensive than eating out. It takes a bit of planning, but these strategies will help you to keep your grocery bill down without compromising quality.

Dairy-Free Chocolate Bundt Cake

Mexican Frittata Recipe

Chocolate Banana Chia Pudding

Healthy Chocolate Milkshake

Oat Flour Pancakes

Oat Flour Cookies

These healthy vegetarian recipes are made with affordable real food ingredients. Dishes like peanut ramen noodle salad and pineapple fruit salad are great for a potluck, and this dairy free frittata and gluten free dutch baby are the perfect way to start the day. There are so many delicious meatless recipe options here.

These gluten-free, dairy-free recipes are easy to make and so delicious. Nobody will miss the dairy or gluten in these family favorites. Use non-dairy milk like almond milk, coconut milk, or oat milk, along with your favorite gluten-free flour blend, to maintain the traditional texture in recipes. Oat flour is another gluten free flour featured in several of these recipes, such as oat flour pancakes and oat flour chocolate chip cookies. Browse this collection of healthy dairy-free, gluten-free recipes for new inspiration..

EASY INSTANT POT RECIPES

These healthy, easy Instant Pot recipes are so delicious, and they come out just right every time! From Instant Pot potato salad and beef stew to Instant Pot ricotta and apple cider, there are so many different types of healthy recipes that can be made in a pressure cooker. I love the speed and consistency of Instant Pot recipes.

- Instant Pot Ricotta
- Instant Pot Vegetable Soup
 - Instant Pot Cauliflower
 - Instant Pot Broccoli
- Instant Pot Asparagus
- Instant Pot Chicken Stew

These easy healthy dessert recipes are simple to make, and they're so delicious. From oat flour cookies and vegan chocolate mousse to oat flour banana bread and healthy snow cones, there's something for everyone here. Whether you want to bake something yummy or put together a real food dessert without turning on the oven, you'll find lots of delicious options here.

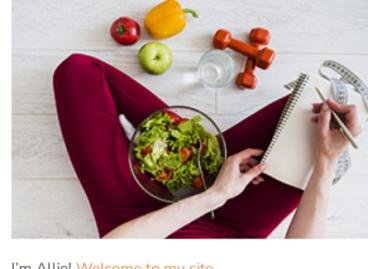
DIRECTIONS

According to a recent study, food blogs had the highest median monthly income out of the major blogging topics. If you have always wanted to share your culinary delights but aren't sure how to start a food blog, you have come to the right place.

1. Brainstorm Your Brand Identity
2. Secure Your Domain
3. Host Your Website
4. Design and Build Your Blog

Utilizing a well-known blogging platform such as WordPress or Drupal is an easy way to get a blog up and running quickly, since they come equipped with many of the tools you'll need to market your site. As with web hosts, many blogging platforms allow you to purchase a domain name from within their interface.

ABOUT ME



I'm Allie! [Welcome to my site.](#)

I've been on a journey to discover new foods since I spent the summer hiking through Europe. Read more about my food-related journey [here](#).



FEATURE POSTS



08

BLOG
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Recipes	128
Blog	32
Dessert	86
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Drinks	36
Cakes	15
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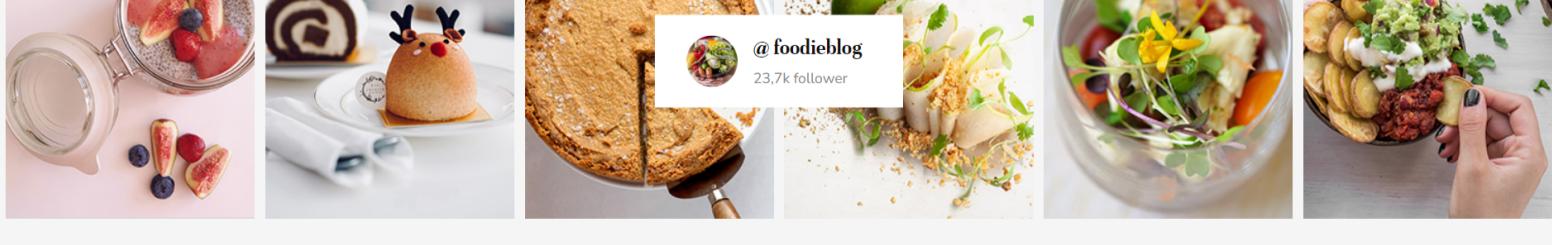
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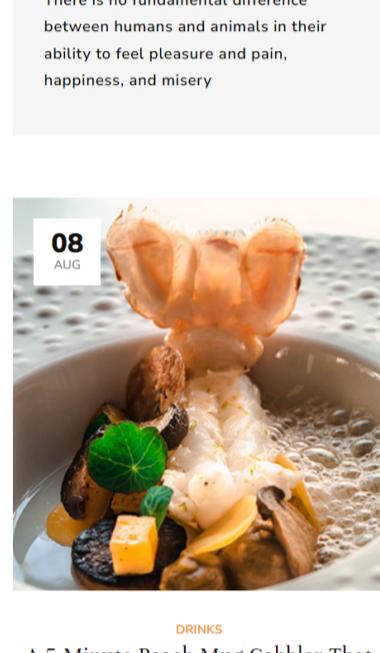
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VEGAN | DESSERTS
The Best Grass Stain Remover Is Already In Your Pantry

by Admin | 3 min read | 20 Comment

Generously blot the stain with rubbing alcohol, air dry, and then rinse with cold water. Cover the stain with some detergent and scrub it in vigorously (I used an old toothbrush). Let sit for 10 minutes and rinse in cool water again.



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This Summer Snacking Cake Is the Sweetest Excuse to...

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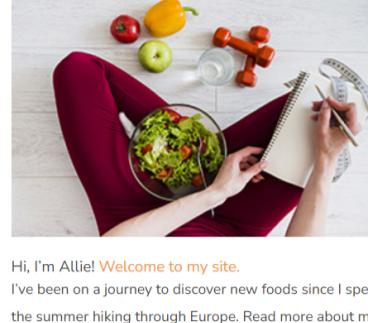


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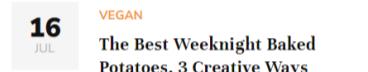
BLOG
This Japanese Way of Making Iced Coffee Is a Game...



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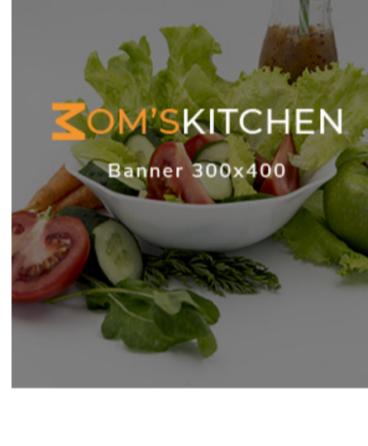
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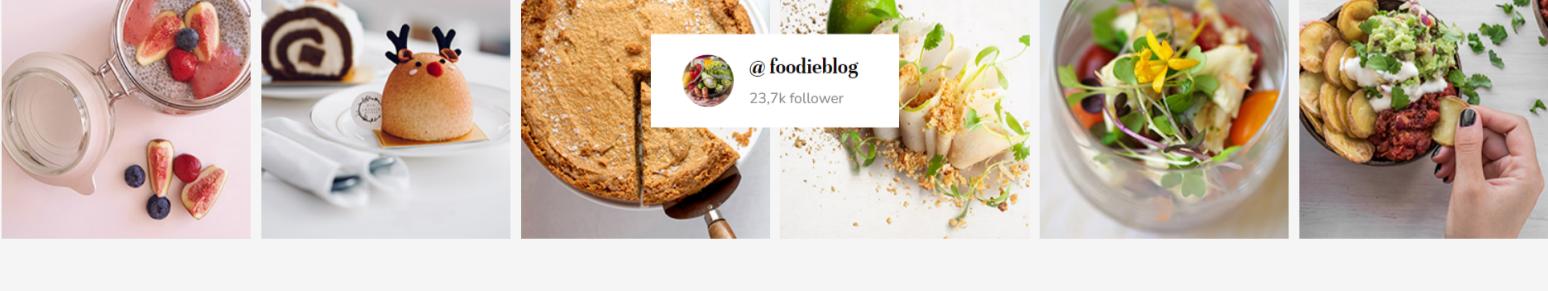
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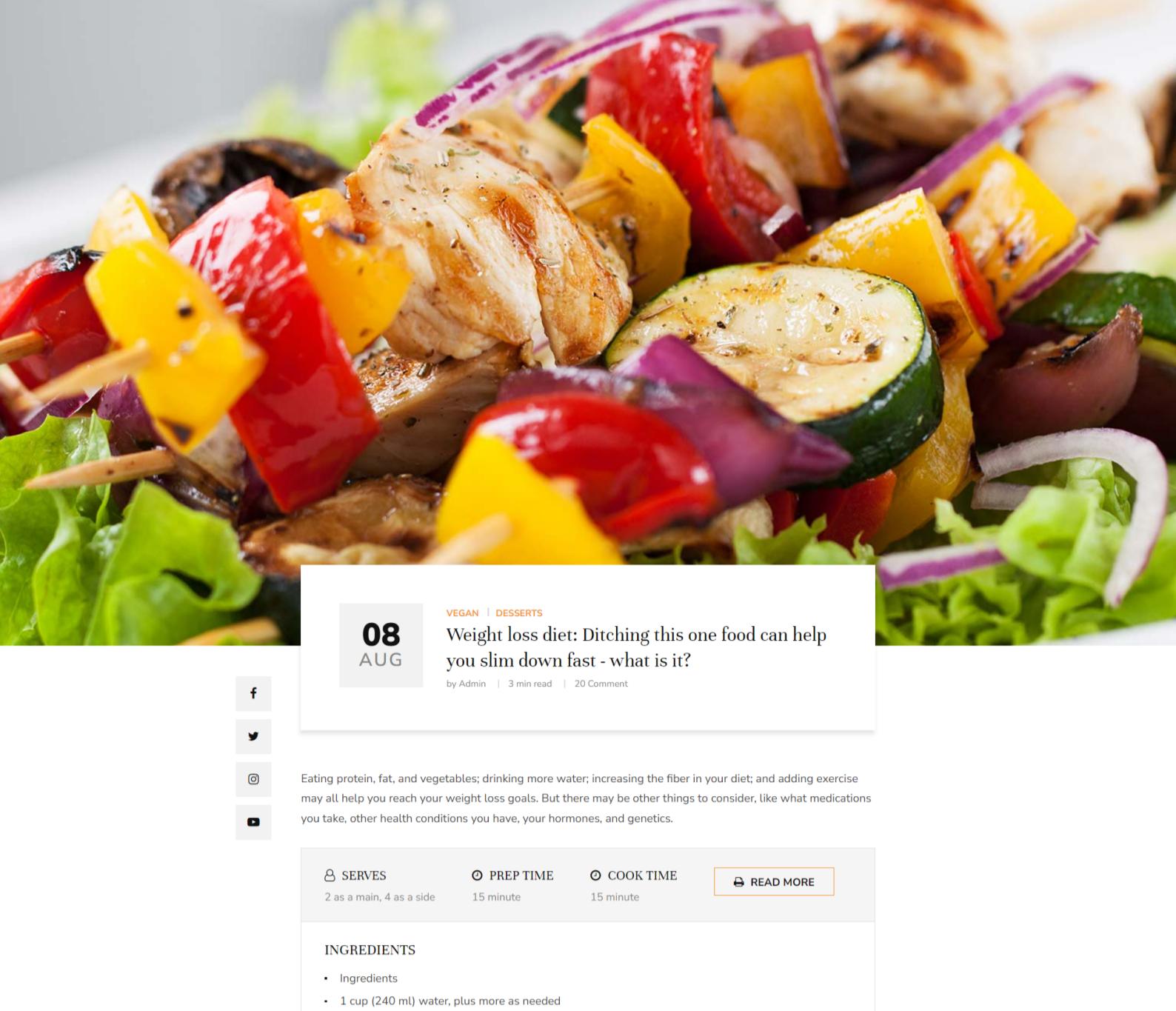
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08
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VEGAN | DESSERTS

Weight loss diet: Ditching this one food can help you slim down fast - what is it?

by Admin | 3 min read | 20 Comment



Eating protein, fat, and vegetables; drinking more water; increasing the fiber in your diet; and adding exercise may all help you reach your weight loss goals. But there may be other things to consider, like what medications you take, other health conditions you have, your hormones, and genetics.

8 SERVES

2 as a main, 4 as a side

0 PREP TIME

15 minute

0 COOK TIME

15 minute

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INGREDIENTS

- Ingredients
- 1 cup (240 mL) water, plus more as needed
- 1 teaspoon fine sea salt
- 2 tablespoons olive oil
- 3/4 cup (120 g) fine polenta
- 3 cups sunflower oil, plus more as needed
- 7 ounces (200 g) peeled parsnips, very thinly sliced on a mandoline
- 1 pinch fine sea salt, plus more to taste
- 2 tablespoons (30 g) unsalted butter
- 1/2 tablespoon maple syrup (up to 1 tablespoon as needed)

DIRECTIONS

1. Combine all of the ingredients, kneading to form a smooth dough.
2. Allow the dough to rise, in a lightly greased, covered bowl, until it's doubled in size, about 90 minutes.
3. Gently divide the dough in half; it'll deflate somewhat.
4. Gently shape the dough into two oval loaves; or, for longer loaves, two 10" to 11" logs. Place the loaves on a lightly greased or parchment-lined baking sheet. Cover and let rise until very puffy, about 1 hour. Towards the end of the rising time, preheat the oven to 425°F.
5. Spray the loaves with lukewarm water.
6. Make two fairly deep diagonal slashes in each; a serrated bread knife, wielded firmly, works well here.
7. Bake the bread for 25 to 30 minutes, until it's a very deep golden brown. Remove it from the oven, and cool on a rack.

Eating a varied diet focused on nutrient-dense whole foods rather than individual items is often best for weight loss. However, specific foods can bring additional benefits, such as eggs, fish, lean meat and proteins, and fruits and vegetables, such as avocado.

 The whole family of tiny legumes, whether red, green, yellow, or black, offers so many possibilities to create an exciting lunch.

MEIKE PETERS

What food group are legumes? Legumes are so packed with nutrition that they are now included in two food groups: vegetables and the protein-rich food group (meat, poultry, fish, eggs, tofu, nuts and seeds). Just half a cup of cooked legumes is considered a serve of veg, and one cup is a serve of protein.

YOU CAN BUY FOR LESS THAN A COLLEGE DEGREE

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.



If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight.

You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs.

Try to include at least 1 starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain

provides fewer than half the calories of fat.

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

A 150mL glass of fruit juice, vegetable juice or smoothie also counts as 1 portion, but limit the amount you have to no more than 1 glass a day as these drinks are sugary and can damage your teeth.

[Food](#) [Vegan](#) [Tomato](#) [Weightloss](#)

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BRANDON KELLEY

15 Aug 2017

A blog with a "Learn to Cook" section and cookbooks by Amanda



SMITTEN KITCHEN

15 Aug 2017

A blog with a variety of recipes, plus pictures to help you learn how to do it right



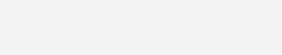
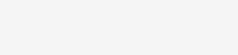
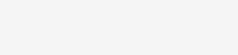
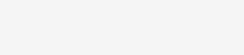
MINIMALIST BAKER

15 Aug 2017

A blog with quick and easy recipes that require minimal ingredients and effort, including one-pot meals and desserts



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