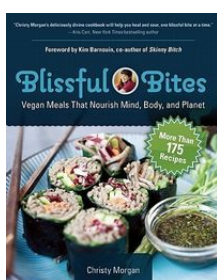


# BLISSFUL BITES: VEGAN MEALS THAT NOURISH MIND, BODY, AND PLANET

Cooking in a way that's good for you and for the environment—not to mention delicious—doesn't have to be a pain; in fact, it can be sheer bliss. In Blissful Bites: Vegan Meals That Nourish Mind, Body, and Planet, Christy Morgan shows readers how to make healthy, delicious, animal-product free meals without a lot of effort. It's been long-accepted that giving up animal products also means giving up easy and enjoyable cooking, but that's just not...



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### Blissful Bites: Vegan Meals That Nourish Mind, Body, and Planet

Author	Christy Morgan
Original Book Format	Paperback
Number of Pages	280 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	6.84 MB

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## Reader's Opinions

Lots of great recipes in this book. I liked the following:- Millet Mashed Potatoes- Mac 'n Kale Salad - yummy!- Lentil Coconut Curry - so good!- Simple Lemon-Scented Basmati Rice- Fiesta Quinoa Salad- Easy...

Yum, yum, yum. If you're looking to make your vegan diet even healthier, then make sure you check out Christy Morgan's Blissful Bites: Vegan Meals that Nourish Mind, Body, and Planet. Divided into chapters by the type of food or time of day and further divided by the seasons, this book is a colourful and positively appetizing look at...