



## Healthy, Happy, Thin and Cool as a Cucumber A Vegan Cookbook and Diet Guide

By Richårde

Mint Leaf Publishing. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.8in. x 5.9in. x 0.4in. Want to lose weight, save the environment, help animals or get ripped muscle without eating meat? Forget about being witchy, or female for that matter! Cool as a Cucumber is a co-ed vegan book encouraging positivity without preaching. Before the cookbook begins, read conversational style advice from real life vegans, including two athletes and gynecologist Dr. Sara Gottfried, without getting too preachy. Learn tips and tricks and how you can adjust your own transition into a vegan diet, or if you are already vegan, sit back and enjoy the discussion. Next, start cooking with hundreds of recipes. Classic vegan dishes sample chickpeas, tofu, plenty of fruit and vegetables and healthy staples, but the fun really comes in when you cheat a bit on your healthy living. You can't believe it's vegan recipes really mix things up! Desserts include French Dessert Crepes, Date Carrot Cake, Chocolate Hazelnut Donuts, Fig Newtons, Pumpkin Spice Ice Cream, Soy Milk Chocolate Peanut Butter Cups, Hearty Cheesecake and the Russian Poppyseed Dessert Roll. Replicate meat and fish with vegan versions of Chilean Sea Bass, Pulled Pork BBQ, Mississippi River Shrimp Sticks,...



**READ ONLINE**  
[ 6.99 MB ]

### Reviews

*This ebook is definitely not simple to begin on reading but really enjoyable to read through. This really is for all who state that there had not been a worth reading. You may like how the author publish this ebook.*

-- **Demetrius Buckridge**

*This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.*

-- **Curtis Bartell**