



The Soy-Free Vegan: Gluten-Free Sugar-Free Cuisine

Dawn Grey

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Soy, which can appear in the form of tofu, tempeh, TVP, milk substitutes, dairy products, and in sneakier preparations such as flavorings and additives, is widely used in our food supply. For those who are already vegetarian or vegan, eliminating soy may seem impossible without resorting to a raw diet. However, this book is here to show you how its done, deliciously. This book is compiled from recipes previously published by the author, Dawn Grey, PhD, ND, a Holistic Health Practitioner who has consulted with over 10,000 clients worldwide. The featured recipes are easy to follow, written for the beginner, and are foods you are familiar with. An international menu, with Italian, Indian, Mexican, Asian, Middle Eastern and American provides breakfasts, appetizers, main courses, and desserts. Enjoy French Toast, muffins, fritters, queso dip, pizza, homemade breads, soups, stews, cupcakes, pastas, pies, and more- safely and with ingredients found at most grocers. With meals the entire family will love, there is no need to cook separately and waste time and money. For those who simply want to eat a more plant-based diet, or to avoid multiple sensitivities, the Soy-Free Vegan is what you were waiting for.

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