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ever thought that being a vegetarian means eating only limp steamed vegetables and cold salads - you're in for a big surprise In The Higher Taste you'll learn how to prepare complete, nourishing, taste-tempting meals How about an evening in Italy, with savory minestrone soup, a hearty spaghetti main course complete with veggie-balls in tomato

50 Vegan Recipes - My Vegan Dreams

About Me: My name is Megan Alpha and as of 2015 I am a 17 year old Vegan who has committed to the Vegan lifestyle I made the decision to go Vegan back in August of 2014 when my mom and I were on a family vacation in New Hampshire

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of Good and Cheap into the hands of people who don't have computers or who wouldn't otherwise see it Thousands of generous supporters contributed to the campaign, donating more than 8,000 free copies of the printed book and sponsoring 20 new recipes Now, just five months after first posting the PDF, it has been downloaded about 500,000 times

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