



# **Great Gluten-Free Vegan Eats: Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with Recipes for Fabulous, Allergy-Free Fare**

*Allyson Kramer*

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*Allyson Kramer*

## **Great Gluten-Free Vegan Eats: Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with Recipes for Fabulous, Allergy-Free Fare** Allyson Kramer

Following a plant-based, gluten-free diet is one of the healthiest lifestyle choices around, yet it can be a challenge to create meals that not only match your needs, but taste delicious too. But not any longer! *Great Gluten-Free Vegan Eats* shows you exactly how to create compassionate and wheat-free recipes that are impressive enough for even the most seasoned foodie. Full of fresh and all-natural ingredients, the 101 fully-photographed, scrumptious recipes you'll find inside prove that eating vegan and gluten-free doesn't have to be a sacrifice, but a delight!

From tempting appetizers, to hearty mains, to luscious desserts, you'll find dishes to suit your every need and craving, including:

- Cherry Vanilla Bean Pancakes
- Mediterranean Croquettes
- Coconut Asparagus Soup
- Roasted Red Pepper & Fava Salad
- Walnut Ravioli with Vodka Sauce
- Rosemary, Leek & Potato Pie
- Chocolate Hazelnut Brownie Cheesecake
- Banana Berry Cobbler

Live a healthy and sustainable life, while still enjoying the foods you love, with *Great Gluten-Free Vegan Eats*!

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