



Vegan Slow Cooker Cookbook & Guide: 60+ Delicious Vegan Recipes! Vegan Slow Cooker Recipes, Vegan Snacks & Appetizers, Vegan Desserts, Vegan Breads, Vegan Side Dishes all Included!

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VEGAN SLOW COOKER: COOKBOOK & GUIDE

vigor&belle presents our 'Vegan Slow Cooker: Cookbook & Guide'

vigor&belle is a lifestyle brand for healthy eating and beauty that can change the way you live your life. Why go vegan? Most people assume that those who enjoy a vegan lifestyle do so for ethical reasons. But there is a lot more to turning vegan than simply saving the lives of animals. People often turn to a vegan diet because:

They Want to Lose Weight

It's thought that those who enjoy a vegan diet are likely to be approximately 20 pounds lighter than those who don't (Particularly those who eat a lot of meat.) This is because a vegan diet isn't very high in fat, which means you're likely to lose weight when you first start the diet, and keep it off too.

They Want to Feel More Energetic

Many foods that meat-eaters consume, can leave them feeling tired, and often quite bloated. A vegan diet is one that is full of fruits, vegetables, and other foods that will leave you feeling fuller and more energized for longer.

Ethical Reasons

Make no mistake, animals that have been bred for the slaughter suffer. If just 1 person were to switch to a vegan diet today, more than 100 animals would be saved this year. Animals are often kept in nasty conditions, and they're frequently slaughtered in a very inhumane way. If you believe that animals should not be treated like this, stop buying products that contain animal products and by-products. It's that simple.

Health Reasons

If you're allergic to the antibiotics that are used on animals, then you'll need to stop eating meat. You may also want to consider cutting out all meat-products, and dairy too. Even though some of these foods have been processed quite a bit, there could still be a few antibiotics in there. Stay safe and well by going vegan today.

A Healthy Heart

Vegans are a lot less likely to develop diabetes, cancer, heart disease, and other nasty health conditions. This is because we eat more fruits and vegetables, as well as more grains and pulses. What's more is we're not

consuming meat, which means we'll have none of that nasty fat that often comes with it.

This Cookbook & Guide includes slow cooker recipes for soups, stews and chilis along with vegan recipes for breads, side dishes, snacks, appetizers and desserts to accompany those meals! Vegan cooking has never been so easy and delicious!

Vegan Slow Cooker: Cookbook & Guide includes:

- Introduction to Vegan Eating & Lifestyle
- Vegan Slow Cooker Recipes for Soups & Stews
- Vegan Side Dish Recipes
- Vegan Breads Recipes
- Vegan Snack & Appetizer Recipes
- Vegan Dessert Recipes

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Florence Davis:

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Luann Bowen:

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