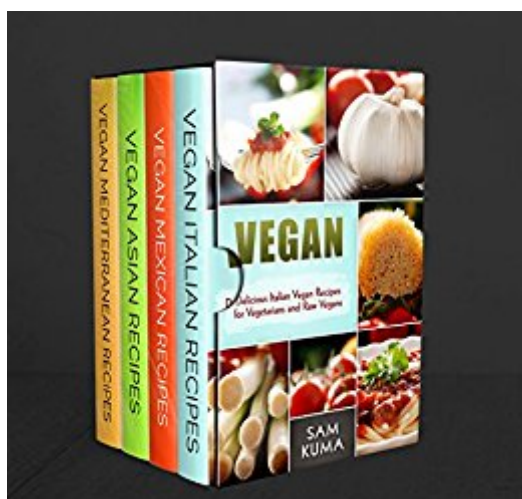


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# Ethnic Vegan Box Set 4 In 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian And Vegan Mediterranean Recipes For An Amazing Raw Vegan Lifestyle (A ... Protein Vegan Recipes And Vegan Nutrition)



## Synopsis

The Ultimate Ethnic Vegan Box Set (4 Books in 1 with Free Gift; 180+ Recipes Included) Download for free now with Kindle Unlimited

**Book 1: Italian Vegan Recipes** Italian food is considered by many to be the best in the world; and has been voted the most popular ethnic food in America. This book is for anyone who wants to go vegan but is afraid of giving up one of life's greatest ethnic foods - ITALIAN. Let this book open your mind to the possibility of Italian Vegan food. It has a list of Italian vegan recipes that are classified by type: Italian vegan sauces, Italian vegan breakfast recipes, Italian vegan soup recipes, Italian vegan salad recipes, Italian Pasta Recipes and Italian Diet Recipes

What customers say: "I am a vegetarian, and I love looking for new recipes to try. This is the third book I have read by the author. He writes books geared to vegans, and vegetarians. This is my favorite so far. I love Italian food, and it's been hard to find any great tasting recipes for pasta and pizza. I love pizza and could eat it everyday." - Bridgette K. Mahmood

**Book 2: Mexican Vegan Recipes** This book is on Vegan Mexican recipes. Mexican food is among the most popular ethnic foods in the USA and is also gaining popularity across the globe. The variety of spices, herbs, condiments and desserts have long been loved in America. Mexican cuisine is extremely luscious and eccentric. It's a fusion of recipes from many different nations, especially those that have a predominantly Spanish-speaking population. The Mexican cuisine is famous for its unique and tasteful style. The recipes mentioned in this book have been made keeping in mind this essence of Mexican cuisine. You'll definitely find the fiery deliciousness that generally accompanies Mexican cuisine in all the recipes.

What customers say: "This is a must-have if you love Mexican food, Mexican culture and eating healthier. Normally most would think the three would not fit together. There are actually many Mexican food recipes that are mostly vegan." - Missy Anne

**Book 3: Asian Vegan Recipes** Asian cuisine is very versatile and the vegan recipes will keep your taste buds tingling. You can incorporate the flavor explosion of Chinese meals into your daily cooking by following the simple and easy recipes that have been mentioned in this book. Going vegan was never this fun. So, why don't you pick a recipe that you would like to try and get started!

What customers say: "This eBook isn't your average 'let's eat vegan tonight' it's a new, and creative way to look at food. Sam Kuma shows you that it's not about 'going vegan' rather than, introducing you to a new way to prep food and change your eating lifestyle." - Customer

**Book 4: Mediterranean Vegan Recipes** The Mediterranean diet refers to foods that were consumed by the Greeks and Italians in the early 60s. This diet is well known to make people healthy and enhance their longevity. It has been embraced by people all over the world due to a variety of delicious and healthy recipes that can be eaten all day. There are 1000's of restaurants across America and across the globe that

are successful due to the popularity of the cuisine. Scroll up and download now.

## Book Information

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Raw

## Customer Reviews

Overall I'd say these recipe books are pretty good, my only issue (as mentioned in the video) is that there are some ingredients that are not listed in the actual ingredients section but more so listed in the recipe directions. I feel like ALL ingredients should be listed in the ingredients section. If you are an amateur (when it comes to cooking), I recommend you read the ENTIRE recipe before you go shopping for the ingredients, the recipes have a few items in there that would be considered a "given" but if you're someone who may not be very culinary savvy you probably won't know. I made the pot stickers from the Asian recipe book and they came out DELICIOUS, HOWEVER when I was shopping for my ingredients I noticed that wontons weren't listed, if I didn't already know that I needed them, I would have forgotten to purchase them. Other than that I really enjoyed the recipes in these books, and the fact that they are E-books mean you have access to them everywhere. I made the French Apple Tart as well from the Mediterranean book, can we say YUMMY? #veganlife

Italian Vegan Recipes helps you to learn about the steps required to prepare Italian-centric Vegan dishes. You will learn the various vegan Italian sauces, breakfast recipes, soup recipes, salad and pasta recipes. You will also learn several miscellaneous recipes such as vegan meatballs, tomato and cream sandwich. The book also examines the various dessert recipes. In the Mexican vegan recipes section, you will learn the preparation of salsa recipes, breakfast, soup, salad and snacks. The book teaches you preparation of Mexican rice, mix veggie tacos and much more. Finally, you will learn the various dessert recipes. The third part of the book is dedicated to Asian recipes. You will learn about the breakfast, appetizer, soups, salads, noodles and rice based recipes. Towards the end of the chapter, the author examines the several Asian desserts. The final section provides a comprehensive coverage of vegan sauces, dips, breakfast, salad recipes including soup and other related recipes. Each recipe starts with a table which shows the total time before cooking, for cooking and the serving details. A details list of ingredients is provided in bulleted format followed by the method in a step-by-step manner. The author has followed the same method in all chapters. If you love Asian food, you should check out the book since it packs 4 in 1 in less pages. The book will also be useful for travellers since they can request for an item mentioned on the book instead of confusing between Vegan and Non-vegan dishes. You should note that all the items mentioned in this book are Asian Vegan items.

This is an extremely comprehensive Vegan cookbook that encompasses 4 different ethnic recipe groups - Italian, Mediterranean, Mexican and Asian. My personal favorite is the Mexican section, and I feel like it will be a very long time before I run out of recipes! Sam encourages you, throughout the book, not to just focus on the many wonderful step by step recipes he provides. He hopes you will also experiment, run with some ideas, and create your own masterpieces. I love this about him and his cookbooks. It's hard not to run out of ideas as a dedicated Vegan. Not to worry - Sam keeps it real and interesting!

before I started eating vegan I thought like a lot of other people that eating vegan would suck and not taste good but I was so wrong! I now can cook and eat things I did before but without all the bad stuff in it. Italian food is one of my favorites and I am glad I got this cook book. The first thing I made was the marinara sauce, I never made my own sauce before and it was so easy. I am now a big fan of the vegan cook books by Sam Kuma.

I enjoyed reading the 4 in 1 ethnic vegan box set it was full of so many different Ethnic Vegan Box

Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) – Foods that can be made vegan style it is perfect. Really liked it. #veganlife

#veganlife I am not a vegan but these recipes are very tasty and I plan on trying even more. recommend everyone trying at least one of these recipes.

I only tried out 2 of the recipes and I really liked those. I love the variety of the different recipes in this book. I have no Kindle and I found the usability was a bit tricky (finding recipes etc.), but I think that's maybe an thing. Not sure. If you are looking for some great yummy vegan inspiration, I can totally recommend this box set.

Thoughtfully written. I look forward to trying several of the recipes this weekend

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Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives, Crockpot, Slowcooker, 80/10/10 Diet, Raw Till 4, gluten free, dairy free) ... diet, high protein, low fat, gluten free) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean DIY Protein Bars:

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