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Low Fat Vegan Desserts-Gluten Free-Dairy Free-High Carb Low Fat-Budget Friendly

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This book offers many unique recipes for the vegan lifestyle.
This cookbook helps with the raw till 4,80/10/10,and Forks Over Knives diet plans The directions are easy to understand and apply, nothing difficult to comprehend when making these delicious meals.

Here's a glimpse of the recipes:
no-bake banana choco slices
banana /strawberry baked oatmeal bites with choc.chips
lemon balm ice cream
banana pudding
chocolate mousse
fudge stuffed banana muffins
apple cinnamon raisin breadless pudding
superfood berry 'nicecream
blueberry oatmeal raisin cookies
strawberry lime sorbet
chocolate mint smoothie bowl
black bottom banana cupcakes
banana cinnamon crepes with mango and berry ice cream
cherry crumble oatbake
hclf chocolate chunks

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Jason Scott:

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