



# Vegan Slow Cooker Cookbook: Your Guide to Simple and Delicious Vegan Meals

*Mary E Edwards*

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Some people think that adopting a vegan lifestyle is quite difficult and there are so many issues surrounding questions like what ingredient to use or how to make your food taste delicious without having to compromise on healthy eating. It doesn't matter if you've just started using a slow cooker or are using it as an active utensil in your kitchen for quite some time now. The recipes provided in this book are aimed at making your food delicious, nutritious, and simple and of course, 100% vegan. Some people are not the big fans when it comes to cooking with the slow cooker mostly because it involved recipes that are plain boring and bland – or at least that's what they assume – plus, you can always see a majority of processed ingredients along with a plethora of preparation steps. Thus, instead of saving time on the slow cooker, you end up wasting even more of it than you do with average cooking techniques. The recipes included in this book will help you create wonderfully delectable dishes that require minimum hassle. These recipes are healthy yet flavorful, providing you with complete, nutritious vegan meals with fewer ingredients. Read on to start your journey towards delicious yet simple vegan lifestyle.



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