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Gout Cookbook: Vegan Sandwiches - Vegan Wraps - 50 Plant Based Recipes for Gout Relief (Paperback)

By Peter V, Hr Research Alliance

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Looking for some unique recipes, that are healthy, and plant based? Well, this is the right book. These recipes are 100 vegan, 100 delicious. These recipes are written by, and for a person who deals with gout themselves. Take a look at what is inside. Sandwich Recipes Corny Peas Sweet corn bell pepper Spicy sweet potato Chickpea kebab Potato ginger soya Mushroom and spinach Aubergine sandwich Panana sandwich Schezwan chili potato Tomato Chili pancake Smoked egg-plant Tofu tikka Grilled macaroni and spinach Pineapple and mushroom Bean Burger Onion and mushroom Grilled Vegan Chocolate Sandwich Vegetable schezwan Spicy Avocado Bell peppers in balsamic vinegar Grilled Tofu Kale and mushroom sandwich Jackfruit Sandwich Tofu Mint Wraps Recipes Tofu Salad Wrap Tempeh Avocado Cilantro Potato Salad Wrap Hummus Wrap Veggie Spiral Wraps Avocado Lime Tofu Banh Mi Wrap Curried Tofu Wrap Chickpea Salad Wrap Tempeh Sweet Potato Swiss Chard White Bean Wrap Sundried Tomato Wrap Vegan BLT Wrap Quinoa Wrap Green Vegan Wrap Edamame Hummus Wrap Baked Tofu Reuben Wrap White Bean and Avocado Roasted Veggie Wrap Curried PBJ Falafel Pita Wrap Asian Quinoa...



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