



Everyday Vegan

Healthy Plant-Based Cooking for the Entire Family

Ellen Charlotte Marie

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| ISBN | 9789401462907 |
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| Binding | Paperback / softback |
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| Size | 7.48 in x 9.45 in |
| Pages | 160 Pages |
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- A family-friendly cookbook, introducing nutritious vegan recipes that will entice kids and their families to eat healthier food together
- Written by a noted food blogger and cookbook author

Vegan cooking is more popular than ever. The challenge is to prepare meals that will be healthy and appealing for the whole family. This book features kid-tested recipes for families with children that are easy, tasty, and nutritious. Whether you are a practicing vegan or just want to introduce your family to healthier eating, these recipes will inspire you. Ellen also introduces a sugar free challenge, explains the world of kombucha and seaweed, and shows how to make your weekday meals easier by planning and preparing ahead.

Foodie **Ellen Charlotte Marie** is the mother of four children, and has a passion for healthy eating and photography. She is the author of the books *One Healthy Kitchen* and *One Healthy Family*. Her popular instagram feed has over 140,000 followers.