



**Slow Cooker: 100% GLUTEN-FREE VEGAN!:**  
**Irresistibly Good & Super Easy Gluten-Free**  
**Vegan Recipes for Slow Cooker (Slow Cooker,**  
**Gluten Free Vegan, Plant Based, Vegan Recipes)**  
**(Volume 1)**

*Karen Greenvang*

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# **Slow Cooker: 100% GLUTEN-FREE VEGAN!: Irresistibly Good & Super Easy Gluten-Free Vegan Recipes for Slow Cooker (Slow Cooker, Gluten Free Vegan, Plant Based, Vegan Recipes) (Volume 1)**

*Karen Greenvang*

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Karen Greenvang

## **Irresistibly Good & Super Easy 100% VEGAN GLUTEN FREE Slow Cooker Recipes to Save Your Time & Get Healthy!**

I know how difficult it is to stick to a healthy lifestyle, especially when you want to keep it vegan gluten free and are new to it...Not to mention that you simply don't have enough time to slave away in the kitchen.

**But don't worry because with this vegan gluten-free slow cooker cookbook we got you fully covered!**

The safety and low energy consumption of a slow cooker means that you can prepare the ingredients of a dish the night before and place everything in your slow cooker first thing in the morning before leaving for work and your meal will be ready when you walk in the door at the end of the day. Of course, the slow cooker can also be left to **create culinary magic overnight**, allowing you to wake up in the morning to a delicious hearty breakfast or even a take-away lunch. Yummy!

### **Here's What You Are Just About to Discover:**

**-healthy nutritious breakfasts** that will kick start your day and save you time out of your morning rush

**-tasty lunches** that will pick you up in the middle of the day

**-wholesome comforting soups** will get you through the late afternoon and keep you going on until dinner where we will have some hearty, options to **satisfy any type of hunger all night!**

**+ bonus recipes- how to make your vegan gluten free bread + healing green smoothies**

**You Will Enjoy Healthy & Tasty Vegan Recipes That Are Ridiculously Easy to Make!**

**Let me just mention a few...:**

- Banana Peanut Butter Gluten-Free Oatmeal with Raw Seeds
  - Chocolatey Brown Rice with Hazel Nuts and Strawberries
  - Apple Pie Gluten-Free Oatmeal with Raisins, Almonds and Coconut Cream
  - Coconuty Brown Rice Breakfast Pudding with Mango, Cashew Nuts and Dried Pineapple
  - “Carrot Cake” Gluten-Free Oatmeal with Pecan Nuts and Coconut Cream
  - Egg Plant Melanzane with Black Olives and Lentils
  - Mixed Vegetables with Brown Rice and Red Kidney Beans
  - Brown Rice with Tofu, Spinach, Black Olives and Red Onion
  - Ratatouille, Red Kidney Beans and Black Olives
  - Hearty Minestrone Soup
  - Coconuty Butternut Soup with Cashew Nuts
  - Roasted Sweet Pepper and Tomato Soup with Lentils
  - Vegetable Curry with Dried Apricots and Red Kidney Beans
  - Black Mushroom, Lentil and Potato Bake
  - Teff Bake with Mushrooms, Zucchini and Black Olives
  - Curried Rice and Lentil Bake
- +many many more!**

Grab your copy now and discover a simple, **vegan gluten free crockpot system** that will put your gluten free vegan diet & lifestyle on autopilot – so you don’t have to waste endless hours in your kitchen, you can enjoy your meals and **feel relaxed and confident** that you’re moving rapidly towards your **best health and body ever!**

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**From reader reviews:**

**Nancy Sanchez:**

Slow Cooker: 100% GLUTEN-FREE VEGAN!: Irresistibly Good & Super Easy Gluten-Free Vegan Recipes for Slow Cooker (Slow Cooker, Gluten Free Vegan, Plant Based, Vegan Recipes) (Volume 1) can be one of your nice books that are good idea. We recommend that straight away because this book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Slow Cooker: 100% GLUTEN-FREE VEGAN!: Irresistibly Good & Super Easy Gluten-Free Vegan Recipes for Slow Cooker (Slow Cooker, Gluten Free Vegan, Plant Based, Vegan Recipes) (Volume 1) however doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial imagining.

**Lillian Owensby:**

In this age globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The health of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. Often the book that recommended to you is Slow Cooker: 100% GLUTEN-FREE VEGAN!: Irresistibly Good & Super Easy Gluten-Free Vegan Recipes for Slow Cooker (Slow Cooker, Gluten Free Vegan, Plant Based, Vegan Recipes) (Volume 1) this guide consist a lot of the information from the condition of this world now. This book was represented so why is the world has grown up. The words styles that writer value to explain it is easy to understand. The actual writer made some investigation when he makes this book. Here is why this book acceptable all of you.

**Karen Jude:**

Book is one of source of understanding. We can add our information from it. Not only for students but native or citizen have to have book to know the update information of year for you to year. As we know those guides have many advantages. Beside all of us add our knowledge, also can bring us to around the world. Through the book Slow Cooker: 100% GLUTEN-FREE VEGAN!: Irresistibly Good & Super Easy Gluten-Free Vegan Recipes for Slow Cooker (Slow Cooker, Gluten Free Vegan, Plant Based, Vegan Recipes) (Volume 1) we can have more advantage. Don't you to definitely be creative people? To get creative person must want to read a book. Merely choose the best book that acceptable with your aim. Don't possibly be doubt to change your life with that book Slow Cooker: 100% GLUTEN-FREE VEGAN!: Irresistibly Good & Super Easy Gluten-Free Vegan Recipes for Slow Cooker (Slow Cooker, Gluten Free Vegan, Plant Based, Vegan Recipes) (Volume 1). You can more desirable than now.

**Kathy Norvell:**

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