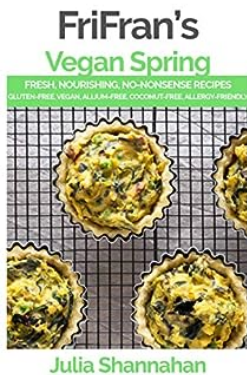


Fresh Nourishing No Nonsense Gluten Free Vegan Recipes To Put Spring In Your

Are you tired of the same old boring recipes? Are you looking for fresh, nourishing, and exciting ideas to spice up your meals this spring? Look no further! In this article, we will explore a collection of gluten-free vegan recipes that are full of flavor and will absolutely put a spring in your step.

Why Gluten-Free and Vegan?

Gluten-free and vegan diets have gained popularity in recent years due to their numerous health benefits. Gluten-free diets eliminate the protein gluten found in wheat, barley, and rye, which can cause digestive discomfort for some individuals. Vegan diets, on the other hand, exclude all animal products, including meat, dairy, and even honey.



Vegan Spring: Fresh, Nourishing, No-Nonsense, Gluten-Free, Vegan Recipes to Put a Spring in Your Step (FriFran's 30-Minute Series)

by Julia Shannahan ([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 5706 KB

Screen Reader : Supported

Print length : 83 pages

Lending : Enabled



By combining these two dietary approaches, you can enjoy a wide variety of delicious, nutritious, and cruelty-free meals that are suitable for everyone, including those with gluten sensitivities or following a plant-based lifestyle.

Fresh Nourishing No Nonsense Recipes

1. Spring Green Salad with Lemon-Tahini Dressing



This vibrant and refreshing salad is packed with a variety of spring greens, such as baby spinach, arugula, and watercress. Topped with cherry tomatoes, cucumber slices, and a tangy lemon-tahini dressing, it's a perfect light meal for a warm spring day.

2. Quinoa-Stuffed Bell Peppers



These colorful and hearty bell peppers are stuffed with a flavorful quinoa mixture consisting of black beans, corn, diced tomatoes, and spices. Baked to perfection and served with a dollop of vegan sour cream, they make for a satisfying and nutritious main course.

3. Spring Vegetable Stir-Fry with Tofu



This quick and easy stir-fry celebrates the vibrant flavors of fresh spring vegetables like asparagus, snap peas, and baby carrots. Served with tofu cubes marinated in a mouthwatering ginger-soy sauce, it's a delightful combination of textures and tastes.

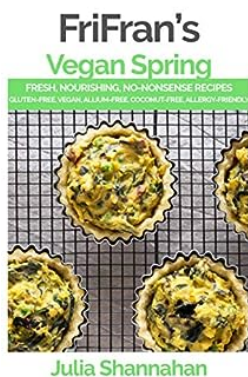
4. *Strawberry Rhubarb Crumble*



No spring recipe list is complete without a sweet treat! This delectable strawberry rhubarb crumble is made with a gluten-free oat and almond topping that perfectly complements the juicy and tangy fruit filling. Serve it warm with a scoop of vegan vanilla ice cream for the ultimate dessert experience.

If you're looking to energize your meals this spring, these fresh, nourishing, and no-nonsense gluten-free vegan recipes are sure to satisfy. From vibrant salads to satisfying main courses and irresistible desserts, you'll find something for everyone.

So, take a leap into the world of gluten-free vegan cooking and embrace the delicious flavors and health benefits that these recipes have to offer. Your taste buds and body will thank you!



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Vegan Spring is packed with fresh, nourishing, delicious, no-nonsense, gluten-free and vegan recipes that will put a spring in your step. If you like bright, interesting, nutritious, tasty, no-nonsense recipes made with simple, easy to get hold of, ingredients you'll love this book.

Spring is magical. Seeing plants blossom with new shoots (especially edible ones) is a reminder that abundant produce is just around the corner. The spring blossom reminds us that fabulous crops of fruits and nuts are coming our way in just a few months. Gardens, markets and stores are starting to fill with fresh, seasonal produce. So, there's only one thing to do with all that fresh, seasonal produce and that's eat well!

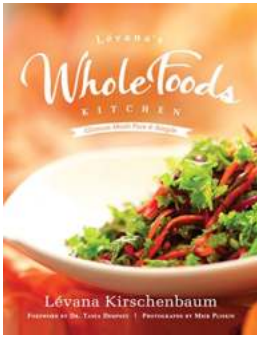
The recipes in Vegan Spring are easy to prepare, use seasonal produce and easy-to-buy store cupboard ingredients. This book shares with you a wide range of fresh, nourishing dishes from starters, soups and salads to wholesome mains and rich desserts.

If you're craving fresh and nourishing gluten-free and vegan (and allium-free and coconut-free) meals and want to learn how to make recipes that will become your 'go-to' spring recipes, you can't afford to miss this essential seasonal cookbook.



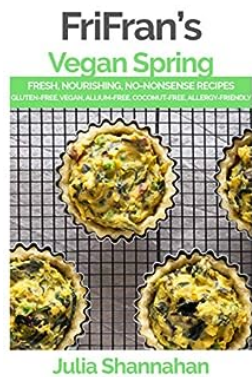
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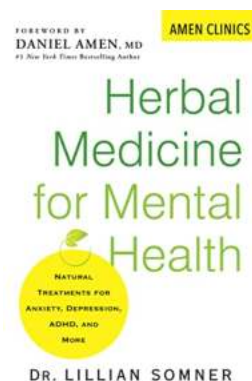
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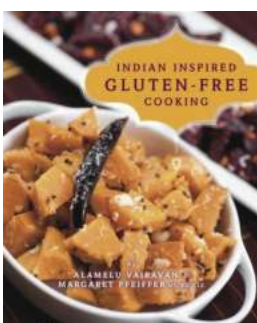
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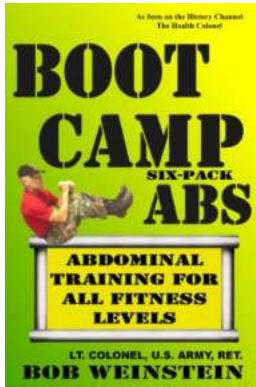
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