

Over 100 Plant Based Recipes That Don't Cost The Earth

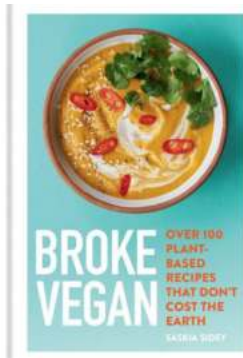


In today's world, it is becoming increasingly important to adopt a sustainable and environmentally friendly lifestyle. One great way to contribute towards a healthier planet is by embracing plant-based diets. By reducing our reliance on animal

products and embracing more plant-based recipes in our daily lives, we can make a positive impact on our health and the environment.

The Benefits of Plant-Based Diets

Plant-based diets have gained significant popularity due to their numerous health benefits. These diets are rich in essential nutrients, vitamins, and antioxidants. They have been linked to reducing the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. Additionally, plant-based diets promote weight loss and healthy weight maintenance.



Broke Vegan: Over 100 plant-based recipes that don't cost the earth by Saskia Sidey (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 47796 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Screen Reader	: Supported
Print length	: 251 pages



Apart from the health benefits, plant-based diets have a lower environmental impact compared to diets that rely heavily on animal products. The meat and dairy industry contribute significantly to greenhouse gas emissions, deforestation, and water pollution. Adopting plant-based meals can help reduce these negative environmental impacts and preserve our planet for future generations.

Over 100 Plant-Based Recipes

We have gathered over 100 delicious and nutritious plant-based recipes that are easy to make and don't cost the earth. Whether you are a seasoned vegan or just starting your journey towards a more sustainable lifestyle, these recipes will inspire you to explore the world of plant-based cooking.



Breakfast Recipes

Start your day off right with these energizing and wholesome plant-based breakfast recipes. From refreshing smoothie bowls to hearty oatmeal, these recipes will keep you satisfied and nourished throughout the morning.

Lunch Recipes

Break away from the boring sandwich routine and try these vibrant and flavorful plant-based lunch recipes. From nourishing salads to satisfying wraps, you'll never feel deprived with these satisfying meals.

Dinner Recipes

Transform your dinners into culinary masterpieces with these creative and satisfying plant-based dinner recipes. From comforting soups to mouthwatering stir-fries, your taste buds will thank you for these delightful dishes.

Snack Recipes

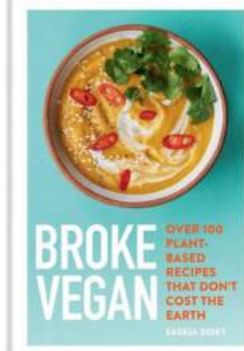
Say goodbye to unhealthy snacks and embrace these nutritious and delicious plant-based snack recipes. These guilt-free options will keep you fueled throughout the day and satisfy your cravings without compromising your health or the environment.

Dessert Recipes

Indulge your sweet tooth with these delectable plant-based dessert recipes. From decadent chocolate treats to fruity delights, you can enjoy these desserts guilt-free knowing they are made with wholesome ingredients and zero animal products.

Embracing a plant-based lifestyle doesn't have to be difficult or expensive. With these over 100 plant-based recipes, you can explore the world of delicious and nutritious meals that are not only good for your health but also easy on your

pocket and the environment. Start incorporating more plant-based meals into your diet and join the movement towards a sustainable future.



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As seen on TV

'There's something for everyone here... Brilliant recipes... A really clever book' - Georgina Hayden, Sunday Brunch

We all want to help do our bit to save the planet by moving towards a plant-based diet, but let's face it: eating vegan can be expensive.

With over 100 plant-based recipes using supermarket staples along with hints and tips for making your food go further, Broke Vegan will have you cooking meals time after time that save money and save the planet. From easy weeknight meals ready in 20 minutes to feeding a crowd on a budget or saving bags of time and money by batch cooking, Broke Vegan has got you covered.

Whether you're taking part in Veganuary for the first time, making the move from veggie to vegan or just trying to make your money go further, Broke Vegan will bring variety and flavour to your meals without having to spend a fortune.

BREAKFAST & BRUNCH including:

Speedy sourdough

Any berry muffins

Frozen smoothie bowl

BATCH COOKING including:

Confit tomatoes

Chilli con veggie

Sticky sweet aubergines

READY IN 20 including:

Kimchi pancakes with dipping sauce

Cauliflower nuggets

Back of the fridge fritters

IMPRESS A CROWD including:

Pizza 5 ways

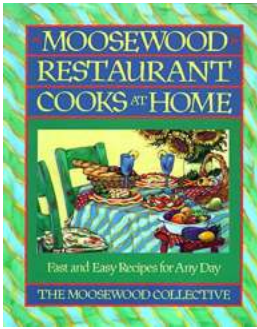
Any vegetable tart

SOMETHING SWEET including:

Chocolate mousse

Lemon, coconut & cardamom cake

Leftover porridge flapjacks



Moosewood Restaurant Cooks At Home - The Ultimate Guide

If you are a food enthusiast and haven't heard of Moosewood Restaurant, then you are definitely missing out on something extraordinary. Moosewood Restaurant,...



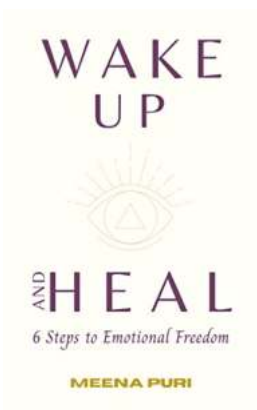
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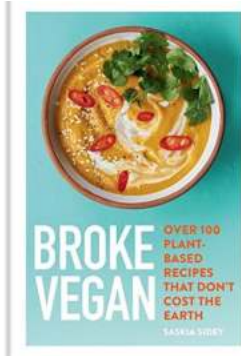
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Indulging in a frozen treat during hot summer days is undoubtedly one of life's greatest pleasures. Whether you're a kid or an adult, ice cream has a magical way of...



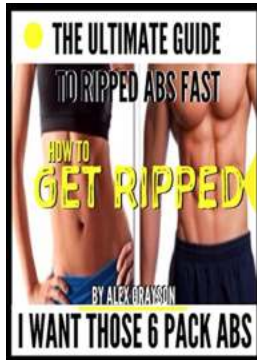
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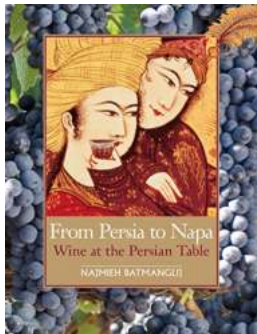
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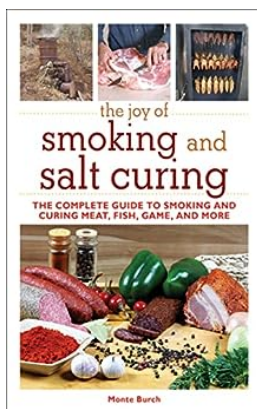
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Are you longing for those chiseled, ripped abs? Do you want to shed that stubborn belly fat and achieve a toned, sculpted physique? Look no further! In this...



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When it comes to the world of wine, the name Napa Valley often takes center stage. Known for its picturesque vineyards, prestigious wineries, and exceptional wines, Napa...



The Joy of Smoking and Salt Curing: Unlocking the Secrets of Flavorful Delights

Smoking and salt curing have long been treasured culinary techniques that enhance the flavors of various food items. From succulent meats to rich cheeses, the art of smoking...

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