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using cheap ingredients. For example,
she used canola or vegetable oil in most

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of the recipes. Unfortunately, she didn't
point out that canola, corn, soy, and
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(which can be harmful to health) unless
these ingredients are certified organic ...

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Cooking vegan food doesn't have to be a struggle. Let me show you how easy it is to eat yummy plant-based meals that are fast and simple, using ingredients you can find anywhere — without breaking the bank. Liv B's Vegan on a Budget is filled with 112 simple recipes

Vegan on a Budget Cookbook - Plant

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Toni Okamoto is the founder of Plant-Based on a Budget, the popular website, food blog, and meal plan that shows you how to save dough by eating veggies. She's also author of The Super Easy Vegan Slow Cooker Cookbook. Plant Based on a Budget has been featured in

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Reader's Digest, US News and World
Report, and more. Toni's also a regular
presence on the FOX affiliate in
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Plant-Based on a Budget: Delicious Vegan Recipes for Under ...

The founder of World of Vegan and the
author of Plant-Based on a Budget have

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teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes.. When it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan ...

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