



# Vegan Slow Cooker - Easy, Delicious, Nutritious Hands-Off Cooking For Busy People

*Dana Winters*

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**Vegan Slow Cooker - Easy, Delicious, Nutritious Hands-Off Cooking For Busy People** Dana Winters  
Vegan slow cooker is a device that should be found in any home, even meat eater's home. Vegan cooking is gaining popularity, as more and more people are discovering it's benefits and are more willing to reduce their meat and dairy consumption, or even eliminate them. The benefits of veganism are clear. The food is delicious and much more healthy, as so many researches show. It's also morally correct, as nowadays with so much available food, eating meat is not really essential. In this book I concentrate on vegan slow cooking. There is a wealth of easy to understand vegan recipes here, so the book is suitable for beginners too. The benefits of this type of cooking are immense. You can cook extremely tasty food with very little work. Many think this type of cooking is limited to the Indian kitchen, but not so. The vegan slow cooker recipes brought here are of different types and anyone can find his or her favorites. GO ahead and try out some of the recipes. I guarantee you will like them and turn vegan and vegetarian slow cooking to a permanent part of your diet!

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