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# Easy Vegan Breakfasts & Lunches: The Best Way To Eat Plant-Based Meals On The Go



## Synopsis

Energize Your Body Throughout the Day with Flavorful Plant-Based Breakfasts, Lunches and Healthy Snacks If you're stumped for new ways to eat healthy with a busy schedule, *Easy Vegan Breakfasts & Lunches* proves it's easier than you think. Maya Sozer presents 80 plant-based recipes to help you save time and money by preparing your own breakfasts, lunches and mid-day snacks. They're even better than pre-made café or packaged options, and surprisingly easy. When you only have a few minutes to spare, whip up Quinoa Porridge for breakfast or a delightful Sushi Bowl or Broccoli Waldorf Salad for lunch. When you're headed out the door and need your meal to-go, you'll love the Vanilla Sky Apple Pie Smoothie and a slice of fresh Banana Bread. Sprouted Green Lentil Patties for lunch are portable and keep you energized for hours. With just a little time to prep ingredients the night or weekend before, you can have gourmet-tasting meals all week long and healthy snacks for those afternoon pick-me-ups. Maya draws on her diverse background and Mediterranean roots to bring you amazing flavors and approachable techniques, plus a dazzling photograph for every recipe. With *Easy Vegan Breakfasts and Lunches*, you can enjoy fresh, satisfying and delicious meals even during the busiest times of day.

## Book Information

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## Customer Reviews

I don't often write reviews, but I felt compelled to do so in this case! I've only made 5 recipes from this book so far, but everything I made came out absolutely fantastic! I can't wait to try every single recipe in this book. Here's a pic of tonight's dinner, CURRIED VEGGIES. So, so delicious.

I adore this little cookbook. I pre-ordered it on a whim, and decided to make the Better Nut Mac &

Cheese as a first test of Maya's recipes. It took no time at all to make and I didn't even have to plan ahead to soak the cashews. The taste was fantastic, the sauce was full of flavor, and it was easy to add extra veggies (in the form of frozen peas). I brought it to a friend's house to share and everyone (even non-vegan/vegetarians) was impressed with how great it smelled and tasted. Unlike a lot of the "fast & easy" veggie-based cookbooks I've purchased in the past, Maya's recipes are full of flavor and variety. As with most contemporary cookbooks, there are great photos accompanying each recipe. I'm really excited to try a lot of the other recipes in this book, like the Kung Pao Chickpeas and the Eggplant and Roasted Red Pepper Veggie Burgers. The fact that I don't need to plan far in advance to make healthy, delicious, filling vegan meals for breakfast and lunch is a strong selling point for this cookbook, as needing to plan ahead to pre-soak or marinate is difficult for me to do during the week. I think this cookbook will appeal to a broad audience, even non-vegans. These recipes are perfect for anyone looking to for more variety in their diet and how to incorporate more nourishing, flavor-packed vegetables/fruit into breakfast/lunch/dinner/smoothies without spending hours in the kitchen or meal planning.

I had pre-ordered this book and it arrived yesterday. The photos are gorgeous, and the recipes are simple to follow...most of the ingredients will already be on-hand in a reasonably well stocked kitchen. I made my first dinner from it tonight and we have an instant family favorite! Thanks, Maya!

Just received my copy the other day and I love it!! I made the Zucchini Fritters yesterday and they are delicious! They were easy to make and looked just like the beautiful photo in the book. Really looking forward to trying the other recipes!

I love this book. The images are beautiful and the recipes are delicious and easy to prepare. I follow Dreamy Leaf and have made some recipes from her blog. Usually my cooking attempts don't end well, but every recipe that I've tried (online and this book) have tasted great. I was happy to see two variations of freezer bar/treats in this book. I have made her matcha bars in the past and they have been a big hit. I made the zucchini boats earlier today for myself and my husband ended up eating half of them. This book is an excellent way to introduce vegan dishes to friends and family. No, we don't just eat salad:)

This book is perfect for anyone with a busy schedule who wants to stick to a healthy vegan diet, without sacrificing flavor! The recipes are appealing, the photos gorgeous, and there's plenty of

variety to suit all kinds of tastes. Most of the recipes are of the type that you can either make ahead or throw together in minutes, usually requiring a handful of ingredients. Many of the ingredients are staples too - at pretty much any given time, I could flip through this book and pick out a bunch of recipes that I have all of the ingredients on hand for. I tried the curried chickpea tacos and loved them. The recipe was deceptively simple and came together in minutes, but the tacos were incredibly tasty. I'm looking forward to working my way through the rest of the dishes!

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