



Healthier Steps: 125 Gluten-Free Vegan Recipes

Michelle Blackwood

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Healthier Steps' Michelle Blackwood presents over 125 delicious recipes for breakfast, lunch and dinner. They are plant based, and free of wheat, rye, barley, milk, cheese, butter, eggs, gums, or refined sugars. Michelle shares recipes that she prepared from her travels to Europe and the Caribbean, and while living at a missionary college for over 10 years. Her recipes include lots of smart tips, explanations, and ideas for creating tasty gluten-free meals. She explains where unfamiliar ingredients can be purchased and what their substitutions are. She includes gluten-free pantry and grain list. Her dishes are healthy, colorful, and vibrant with the use of whole foods. Enjoy mouthwatering dishes like the pulled jackfruit sandwich, Jamaican dumplings, brown rice pelau, artichoke spinach lasagna, black bean quinoa burrito bowl, chickpeas and dumplings, lentil tacos, brown bread, Victoria sponge cake, coconut lime berry tarts, and various salads, soups, smoothies and juices.

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