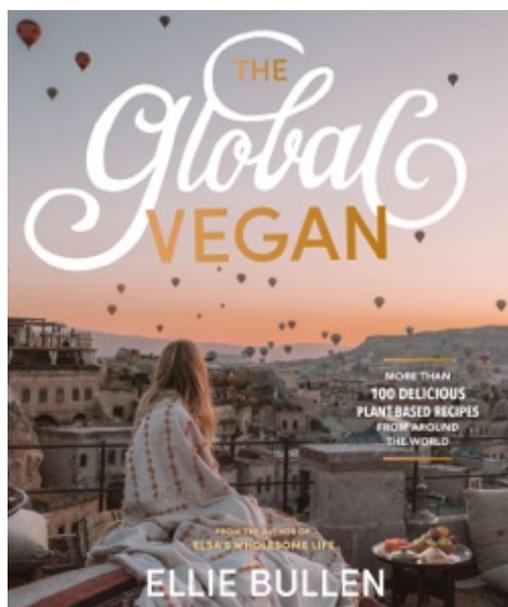


Read The Global Vegan Le Livre En Ligne PDF EPUB Mobi- Ellie Bullen



Read The Global Vegan Ellie Bullen le livre en ligne PDF EPUB mobi, From the author of the bestselling *Elsa's Wholesome Life*, Ellie Bullen returns with *Global Vegan*, a collection of simple and delicious recipes inspired by her travels around the world to places such as Indonesia, India, Korea and Japan. Ellie's plant-based dishes are infused with her trademark flavour, colour and texture and will have you eating well throughout the day.

There are vibrant smoothie bowls or vegan fried eggs for easing into the morning; Salt and Pepper 'Calamari', Tom Kha Gai Soup or Aloo Jeera when you need something more substantial; and chai-spiced cookies or Portuguese custard tarts to have with an afternoon cuppa. There are also healthy, plant-based versions of well-known favourites, such as Pad Thai, Fish and Chips and Spicy Ramen Soup.

A qualified dietitian, Ellie explains everything you need to know about adopting a plant-based diet, including how to get enough iron and achieve the right balance of carbs, proteins and good fats.

With extraordinary travel photography scattered throughout, *Global Vegan* is an explosion of colour and flavour, and is imbued with Ellie's unique sense of adventure and her love of plants. It is the perfect book for anyone who wants to cook simple, healthy and flavour-packed vegan food.

This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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