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For those who are exploring veganism for the first time, *The Vegan Cookbook for Beginners* will inspire you to create hearty and flavorful meals to please even the most skeptical carnivore. The editors of *The Vegan Cookbook* will show you the easy way to add vegan recipes into your diet, with over 150 quick and easy vegan cookbook meals from breakfast to dessert. Start off the day with a healthy bite of Pumpkin Spice Muffins, or please the whole family with hearty Black Bean Vegetable Enchiladas for dinner. *The Vegan Cookbook for Beginners* will let you experience the benefits of improved health and increased energy.

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