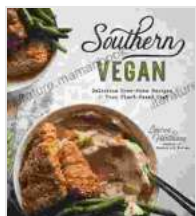


# Delicious Down Home Recipes For Your Plant Based Diet



## Southern Vegan: Delicious Down-Home Recipes for Your Plant-Based Diet by Lauren Hartmann

★★★★☆ 4.7 out of 5

Language	: English
File size	: 173834 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 276 pages



If you're looking for delicious and comforting plant-based recipes that will satisfy your cravings for down-home cooking, you've come to the right place. This collection of recipes has everything you need to make your favorite comfort foods, from hearty soups and stews to crispy fried chicken and creamy mashed potatoes.

### Breakfast

- Vegan Pancakes
- Whole Wheat Waffles
- Tofu Scramble
- Overnight Oats

- Chia Seed Pudding

## **Lunch**

- Lentil Soup
- Vegetable Chili
- Vegan Tacos
- Portobello Burgers
- Chickpea Salad

## **Dinner**

- Shepherd's Pie
- Roasted Vegetable Lasagna
- Vegan Fried Chicken
- Mashed Potatoes
- Green Bean Casserole

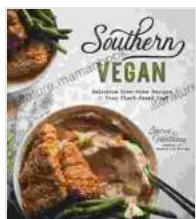
## **Desserts**

- Apple Pie
- Chocolate Cake
- Ice Cream
- Cookies
- Brownies

## **Tips for Cooking Plant-Based**

\* \*\*Use a variety of fruits and vegetables.\*\* This will help ensure that you're getting a wide range of nutrients. \* \*\*Include whole grains in your diet.\*\* Whole grains are a good source of fiber, which can help you feel full and satisfied. \* \*\*Choose healthy fats.\*\* Healthy fats, such as those found in avocados, nuts, and seeds, can help you absorb nutrients and boost your energy levels. \* \*\*Limit processed foods.\*\* Processed foods are often high in sodium, sugar, and unhealthy fats. They can also be low in nutrients. \* \*\*Cook more meals at home.\*\* This will give you more control over the ingredients in your food.

Eating a plant-based diet can be delicious and satisfying. With a little planning, you can easily create meals that are both healthy and comforting.



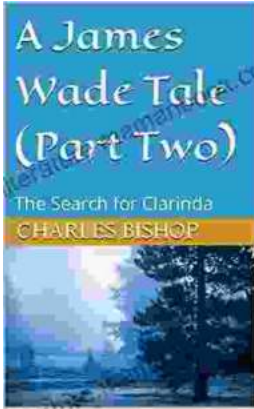
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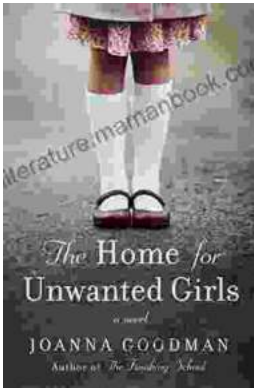
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