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Salud Vegan Mexican Cookbook 150

Mexican food has always been my go-to comfort food. And with iSalud!Vegan Mexican Cookbook, Eddie shows us that we can enjoy the rich flavors of Mexico in a healthful way that not only nourishes the soul, but our entire body. —María Celeste Arrarás, Puerto Rican broadcast journalist, winner of the 2001 PETA Humanitarian Award

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iSalud! Vegan Mexican Cookbook: 150 Mouthwatering Recipes ...

iSalud! Vegan Mexican Cookbook : 150 Mouthwatering Recipes for Everything from Tamales to Churros by Eddie Garza (2016, Trade Paperback)

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"Mexican food has always been my go-to comfort food. And with iSalud!Vegan Mexican Cookbook, Eddie shows us that we can enjoy the rich flavors of Mexico in a healthful way that not only nourishes the soul, but our entire body."-María Celeste Arrarás. Tamales. Enchiladas. Churros. There are so many delicious reasons to love Mexican food.

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isalud! Vegan Mexican Cookbook - By Eddie Garza (Paperback ...

In his impressive iSalud! Vegan Mexican Cookbook: 150 Mouthwatering Recipes from Tamales to Churros, Eddie Garza has put together an incredible collection of veganized Mexican favorites that are both healthy and packed with flavor. 7. Chef Babette

9 Vegan Chefs Every Plant-Based Foodie Should Be Following

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Salud! Vegan Mexican Cookbook: 150 Mouthwatering Recipes ...

I also wrote iSalud! Vegan Mexican Cookbook, which features 150 vegan Mexican recipes that represent the 150 pounds I lost during my journey to health. Tamale-making is a food ritual that has been part of Mexican life since Mesoamerican times. They date as far back as 5000 BC and are perhaps the best example of Mexican communal cooking.

Black Bean Tamales | Kitchn

Author of iSalud! Vegan Mexican Cookbook and Salud vegan mexican cookbook, vegan cookbook for beginners, vegan street food [hardcover] and new vegan 4 books collection set

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