

Vegan Essential Asian Cookbook Vegans

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Summary:

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15 Essentials for Your Vegan Kitchen | PETA Here are some vegan essentials to keep on hand to make it easy to feed your family delicious, healthy cruelty-free meals at a moment's notice: Nuts Besides being excellent for heart health and helping you live a longer, healthier life , nuts are extremely versatile and an absolute must-have in any vegan kitchen.

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