



# Vegan Apple Crumble Recipe

**Liana Werner-Gray**



## **Vegan Apple Crumble Recipe:**

Vegan Delights: Sweet, Nutritious, and Easy-to-Make Recipes , Are you ready to satisfy your sweet tooth without the guilt Whether you re new to plant based living or a seasoned vegan Vegan Delights Sweet Nutritious and Easy to Make Recipes is the ultimate guide to indulging in delicious healthy desserts that are both easy to prepare and full of flavor This cookbook is packed with a variety of recipes that prove you don t have to sacrifice taste for nutrition With a wide range of indulgent treats from no bake chocolate bites to decadent fruit filled crumbles each recipe is designed to give you the ultimate dessert experience without relying on dairy refined sugars or processed ingredients Every treat is a celebration of whole plant based goodness making it easy to feel good about the foods you eat What s Inside Wholesome Simple Ingredients All the recipes in Vegan Delights are crafted using simple plant based ingredients that are easy to find at your local grocery store Say goodbye to long ingredient lists and complex techniques These recipes are straightforward and approachable for cooks of all levels from beginners to experienced chefs Sweet Nutritious Enjoy your favorite desserts while nourishing your body with nutrient dense ingredients like avocado coconut almond butter chia seeds and more These treats are packed with antioxidants fiber healthy fats and plant based protein giving you the satisfaction of indulging without compromising your health Indulgent Yet Guilt Free From chocolate dipped banana bites to coconut macaroons you ll find recipes for desserts that are both rich in flavor and light on calories These treats allow you to indulge your cravings in a way that supports your wellness goals whether you re looking to reduce sugar intake maintain a balanced diet or simply enjoy a cleaner plant based lifestyle No Bake and Baked Options Whether you re craving a quick treat or looking to bake something special for a gathering Vegan Delights has something for every occasion Most recipes come together in under 30 minutes with minimal prep and there are also a few baked options for those who love the cozy warm comfort of an oven baked treat Perfect for Any Occasion These vegan delights are not just for vegans They re perfect for anyone who loves good food from busy parents looking to whip up quick snacks to dessert enthusiasts who want healthier alternatives to their favorite indulgences Whether you re preparing a family dinner or hosting a gathering with friends these treats will leave everyone impressed and asking for seconds Fun and Easy to Make No complex techniques required here Each recipe has been crafted with simplicity in mind so you can enjoy the process of baking or preparing without stress These desserts are perfect for kids and beginners who are eager to explore plant based cooking What You ll Find Inside Chocolate Avocado Mousse A rich velvety dessert that s made with wholesome avocado and cocoa powder Coconut Macaroons Crunchy on the outside chewy on the inside with just the right amount of sweetness Chocolate Dipped Banana Bites Sweet creamy banana slices coated in decadent dark chocolate Vegan Salted Caramel Apple Crumble A comforting dessert with a perfect balance of sweet and salty flavors Raspberry Chia Seed Pudding A fresh fruity dessert packed with antioxidants and healthy omega 3s Matcha Almond Butter Cups A creamy earthy matcha filling encased in rich dark chocolate Whether you re looking for a sweet treat after dinner or a healthy snack on the go

Vegan Delights has got you covered Indulge in the joys of guilt free wholesome desserts that will delight your taste buds and nourish your body With easy to follow instructions this cookbook makes it easier than ever to make delicious plant based sweets that everyone can enjoy Start exploring these amazing recipes today and let Vegan Delights bring sweetness into your life one nutritious bite at a time

**The Garden of Vegan** Kramer Sarah, Barnard Tanya, 2010-05-07 When How It All Vegan Irresistible Recipes for an Animal Free Diet was published in 1999 authors Tanya Barnard and Sarah Kramer were hailed for their fun and outlandish approach to vegan cooking taking it out of the realm of the staid and the boring to create truly original animal free dishes Fifteen printings and 125 000 copies later How It All Vegan was a Book Sense 76 selection in the US and is Arsenal s bestselling title to date The Garden of Vegan How It All Vegan Again picks up where the first book left off Tanya and Sarah vegan chefs extraordinaire have created truly delectable truly original new recipes that manage to leave the animal products including butter milk cheese and honey where they belong with their natural owners Where How It All Vegan was in many ways a bible for the uninitiated vegan The Garden of Vegan goes one step further offering recipes for a more sophisticated palate that add funky twists to familiar dishes bursting with colour and flavour At the same time they are fun and easy to prepare even for those of us who find boiling water a challenge Whether you re a full time vegan or just interested in creating fabulous animal free meals The Garden of Vegan will lead you into temptation with its inspiring array of vegan goodies So skip that steak and forget that fish It s time to discover how it all vegan again Two colour throughout

**Vegan Slow Cooking for Two or Just for You** Kathy Hester, 2013-08-06 A slow cooker cookbook filled with fantastic recipes that are perfectly sized for smaller households Stephanie O Dea New York Times bestselling author of Make it Fast Cook it Slow If you have a small family or are looking for better portioned vegan meals that don t force you to eat chili for a week straight Vegan Slow Cooking for Two or Just for You is the perfect resource for you Featuring recipes geared specifically for use with a 1 5 to 2 quart slow cooker you ll find endless meal ideas that you can make with minimal effort and maximum taste Just prep a few items the night before or morning of and come home to a hot meal or side or dessert the moment you walk in the door The little slow cooker is so easy to use that it makes cooking everyday a snap so you can have a healthy variety of foods at a fraction of the cost of eating out Inside you ll find a whole new world of food to fall in love with from breakfast y Pumpkin Polenta to comforting White Bean Quinoa Gumbo to luscious Blueberry Lemon Cake You ll be amazed at what your little slow cooker can do Hester presents a collection of unique small batch recipes from breakfast to dessert accompanied by beautiful photographs demonstrating that slow cooked food can be vibrant and colorful VERDICT Vegans vegetarians and anyone seeking healthy appetizing slow cooker recipes in small portions will find this title informative and inspiring Library Journal

**The Joy of Vegan Baking, Revised and Updated Edition** Colleen Patrick-Goudreau, 2017-07 Cakes and cookies crepes and pies puddings and pastries The Joy of Vegan Baking Revised and Updated Edition shows just how delectable baking without eggs and dairy can be

[The Spiralizer Recipe Book](#) Carina

Wolff,2016-06-03 Vegetable spiralizers are the latest must have kitchen gadget and with good reason They re affordable easy to use and make healthy eating fun and quick Whether you re following a Paleo gluten free raw or low carb diet you ll find unique ideas for satisfying fiber rich meals that are built around healthy vegetables and fruit Amazon com **The**

**Everything Gluten-Free & Dairy-Free Baking Cookbook** Alice Wiggins,2021-09-14 Reap the rewards of cutting out gluten and dairy from your diet while still enjoying cookies cakes bread bars and more with 200 recipes for baked goods you re sure to enjoy Think avoiding gluten and dairy means dessert is out of the question Think again Whether you have a food allergy or intolerance or are simply baking for family or friends The Everything Gluten Free Dairy Free Baking Cookbook features recipes for decadent cakes chewy cookies tasty breakfasts and sweet treats with ingredients that align with your diet Featuring easy swaps and creative combinations you won t miss the gluten or the dairy With 200 recipes and beautiful color photographs this book is sure to satisfy your sweet tooth cravings No need to skip dessert now you can start enjoying these delicious recipes today **Fall Baking Favorites: 275+ Seasonal Breads, Pies, Cookies & More** Julian

Hayes,2025-09-06 Do you love the warm comforting scents of autumn baking Are you looking for the perfect recipes for the fall season Fall Baking Favorites is the only cookbook you will need from the first cool day until Thanksgiving This giant collection is packed with over 275 seasonal recipes to make your autumn delicious and special This book celebrates all the best flavors of the season You will find everything from pumpkin spice and apple cinnamon to maple and pecan Each recipe is designed with clear simple instructions so you can bake with confidence This is your complete guide for cozy weekends and holiday gatherings Inside this huge collection you will find Warm breakfast breads fluffy muffins and tender scones Every pie tart and cobbler you need for a perfect Thanksgiving Dozens of cookies brownies and bars for fall festivals and parties Beautiful cakes full of autumn spices for any celebration Easy to follow directions for home bakers of all skill levels This book gives you endless ideas for the entire season You will have a reliable go to recipe for every occasion Make this your most delicious autumn ever Scroll up and click the Buy Now button to get your copy today **Simple and Delicious Vegan**

Michaela Vais,2023-01-10 The Vegan Plant Based Cookbook You ll Love Even if you own other vegan cookbooks this book is going to be the bible of vegan cooking you ll turn to time and again Dee Dine creator of the Green Smoothie Gourmet blog and author of Crazy Healthy with 4 Ingredients Amazon Editors Pick Best Cookbooks Food Wine 1 New Release in Gluten Free Diets Vegan Cooking Raw Cooking Perfect for spicing up your diet healing with food and embracing sustainable living Simple and Delicious Vegan is a vegan plant based cookbook filled with delicious gluten free vegan breakfast ideas vegan lunch ideas dairy and gluten free snacks and unbelievable vegan dinners Eat Plants be happy Simple and Delicious Vegan makes cooking healthy food that tastes good easy as pie Enjoy original easy recipes that are healthy allergy friendly delicious and good for both your body and the planet Only a few recipes contain nuts soy or corn with substitutions always provided This cookbook keeps things simple by providing metric and imperial measurements cups ounces and grams Lovingly

photographed Simple and Delicious Vegan also offers ingredient shots so you see what to buy getting you cooking and eating faster Learn how to cook plant based food from an expert Popular blogger and author Michaela Vais or Ela was a vegetarian by age six In 2011 she made her best decision yet and went vegan She gained energy cured her cystic acne and connected with the earth in a new way In this vegan plant based cookbook she shares what she s learned so you too can reap the benefits Inside find Innovative gluten free breakfast lunch and dinner ideas Delicious plant based recipes like banana baked oatmeal hearty lentil stew and zucchini brownies Healthy allergy friendly foods with recommended ingredient substitutions And much more If you liked Unbelievably Vegan Be A Plant Based Woman Warrior or The Fiber Fueled Cookbook you ll love Simple and Delicious Vegan

**Living Vegan For Dummies** Alexandra Jamieson, 2009-11-24 The fun and easy way to live a vegan lifestyle Are you thinking about becoming a vegan Already a practicing vegan More than 3 million Americans currently live a vegan lifestyle and that number is growing Living Vegan For Dummies is your one stop resource for understanding vegan practices sharing them with your friends and loved ones and maintaining a vegan way of life This friendly practical guide explains the types of products that vegans abstain from eating and consuming and provides healthy and animal free options You ll see how to create a balanced nutritious vegan diet read food and product labels to determine animal derived product content and stock a vegan pantry You ll also get 40 great tasting recipes to expand your cooking repertoire Features expert guidance in living a vegan lifestyle and explaining it to friends and family Includes proper dietary guidelines so you can get the nutrition you need Gives you several action plans for making the switch to veganism Provides parents with everything they need to understand and support their children s choices With the tips and advice in Living Vegan For Dummies you can truly live and enjoy a vegan way of life

*In for Dinner* Rosie Kellett, 2025-08-19 101 delicious and achievable budget friendly vegetable forward recipes made for communal eating and entertaining from food writer chef and supper club host Rosie Kellett Sharing a warehouse home in London with her six flatmates has taught supper club host and former Violet Bakery employee Rosie Kellett that making delicious food is possible on any budget Rosie and her housemates cook and eat most of their meals communally each person pays just about 30 per week to cover grocery costs and they take turns cooking each night with everyone coming together to share a meal at the end of the day Through this approach to cooking and eating Rosie has come to cherish the physical act of sitting around a table with others and she has learned how to feed a crowd with minimal effort waste and cost With her first book In for Dinner Rosie shares her affordable and approachable recipes that are designed for sharing be it with friends family or yourself leftovers From a flavorful and comforting Conchigliette with Porcini Mushroom Ragu and a bake and blend Roasted Carrot Cumin and Coconut Soup to an irresistible Hot Harissa Shakshuka and a delicious and endlessly customizable Dark Chocolate Raspberry Cake Rosie is a pro at coaxing sophisticated flavors from humble ingredients The recipes often serve up to eight and mirror the way Rosie and her housemates eat mostly vegetarian with a little bit of fish now and again to maximize affordability and nourishment but

the dishes are impressive enough to serve up at your next dinner party While a communal lifestyle isn't everyone's reality Rosie believes that coming together to share food is more economical and also creates joyful opportunities to connect at the end of each day

**Eaternity** Jason Wrobel, 2016-04-05 Get ready to rock delicious meat free recipes like a boss with this vegan recipe and lifestyle book from the chef behind the hit cooking show How to Live to 100 Let's face it not everyone is in the mood for wheatgrass shots seaweed salads and buckwheat granola 24/7 Sometimes you just need a juicy burger gooey nachos fluffy chocolate chip pancakes or raw cookie dough am I right Eaternity offers nutritious and delicious plant based recipes guaranteed to satisfy all of your insane comfort food cravings and more Jason Wrobel shows you his health friendly spins on all of the above as well as Caesar salad fudge brownies asparagus risotto tortilla soup and wait for it salted caramel waffles Just one bite and you'll be obsessed Unlike most cookbooks that merely tell you what to eat and how to make it Eaternity gives you the current research and science behind today's major health concerns and explains why you should eat certain foods based on your individual goals whether it's to lose weight have more energy sleep sounder be stronger boost your libido or just feel better You'll learn why eating real unprocessed foods can help you live longer and how to have fun doing it With a light no pressure vibe wicked humor and drool worthy food photography Eaternity makes it easy to bring it on down to veganville and feel awesome It's Nutrition 101 meets healthy food porn that's so crazy good you'll want to eat this way all the time

**Vegan Vitality** Karina Inkster, 2014-11-25 A guide to veganism for active lifestyles with one hundred delicious recipes The culture of food in North America is changing and fast More than eight million North Americans choose to exclude meat from their diets and an additional twenty five million rarely eat meat Many of these individuals consume no animal products whatsoever Why do these vegans and vegetarians choose to forgo steak yogurt or ice cream Most commonly they cite increasing and maintaining personal health Add to this the steadily growing population of health and fitness enthusiasts who adopt plant based diets temporarily to meet their performance goals plus those looking to vegan diets for weight loss and we've got a full blown diet and lifestyle movement quickly expanding across the globe Vegan Vitality is a comprehensive active living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives Karina Inkster motivates and inspires readers to increase the quality and length of their lives by enjoying a whole foods plant based diet and engaging in regular exercise With healthy living advice for everyone from beginners to amateur athletes as well as a well rounded collection of one hundred mouthwatering recipes specifically created to fuel active living this book sets itself apart from existing titles by bridging the gap between diet and fitness approaching health holistically and as a long term lifestyle Also included are interviews with vegan athletes and fitness professionals each providing their own recipes top secret tips and habits for healthy active plant based living Skyhorse Publishing along with our Good Books and Arcade imprints is proud to publish a broad range of cookbooks including books on juicing grilling baking frying home brewing and winemaking slow cookers and cast iron cooking We've

been successful with books on gluten free cooking vegetarian and vegan cooking paleo raw foods and more Our list includes French cooking Swedish cooking Austrian and German cooking Cajun cooking as well as books on jerky canning and preserving peanut butter meatballs oil and vinegar bone broth and more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home

**Feed Me Vegan** Lucy Watson, 2017-09-07 BEST VEGAN COOKBOOK WINNER IN THE PETA VEGAN FOOD AWARDS 2017 Packed with comforting easy to make and totally delicious recipes Feed Me Vegan shows you can be vegan and still have your cake and mac and cheese and lasagne and pancakes and eat it Passionate vegan Lucy Watson has you covered with tempting meals from breakfast to supper as well as all the sweet treats and snacks you need in between Enough to turn the head of even the most dedicated carnivore Feed Me Vegan is full of tasty satisfying vegan fare which will have everyone asking for seconds Whether you re already a full time vegan considering making the switch or just trying to cut down on meats fish and dairy this book is sure to add new favourite recipes to your repertoire Recipes Include Fry Up French Toast with Spiced Plums Cauliflower Wings Mushroom Mac and Cheese Ultimate Cheeseburger Pad Thai Oreo Thickshake Chocolate Fudge Cake Hot Cinnamon Jam Doughnuts Miso Aubergine and Mushroom Gyoza

**Vegging Out This Christmas** Lisa Wilfred, 2020-12-01 Are you vegan and do you dread the holiday season because your family insists on a traditional turkey dinner Or maybe you are a non vegan who will be welcoming and entertaining vegan family member for the Christmas holidays and you re baffled over what to cook for your family this year So why don t you make holidays and special occasions deeply satisfying and a little bit surprising with these fun delicious and vegan friendly festive recipes This cookbook was designed specifically for home cooks who are preparing to celebrate this Festive Season with healthier and kinder alternatives such as Cauliflower Soup Creamy Mushroom Wellington Maple Glazed Roast with Garlic Mashed Potatoes for the mains Gingerbread Cookies and Pecan Pie with Homemade Whipped Cream for Dessert Spinach and Artichoke Dip and Creamy Jalape o Poppers for Snacks Pumpkin Spice Latte and Hot Chocolate with Homemade Marshmallows for Drinks And lots more I think we can all agree that holiday feasts can be contentious for vegans and their non vegan family members when a supposedly welcoming season that should bring families together does the opposite with of the use of animal products added to or cooked in popular holiday dishes as part of a long standing tradition This simple and easy to follow cookbook is completely meat and dairy free It also includes some freezer friendly recipes so that you can prepare these delicious meals ahead of time to reduce your stress while also saving you time during the holidays IN ADDITION TO OVER 100 PLANT BASED HOLIDAY RECIPES THIS EBOOK HAS LOTS OF EXTRAS Vegging Out This Christmas includes Over 100 plant based festive recipes for meals that are good for your health and good for the environment including vegan roasts pasta salads and dressings dips and finger foods mushroom wellington steak and potatoes tarts and pies cookies edible play dough and lots more 25 fun filled holiday activities for children of all ages and the

young at heart adults A relaxing and energising kids yoga program complete with over 20 child friendly yoga poses with step by step instructions A 4 week holiday detox program including a 1 week detox sample meal plan a 3 week vegan sample meal plan and a 4 week fitness guide with exercise glossary This recipe book will empower you to take control of your health and immune system with these plant based dishes which you can share with the ones you love and finally enjoy fearlessly entertaining holiday parties that can include everyone without all the stress Scroll up to buy your copy now And bring the festive joy to your doorstep this holiday season while inspiring everyone with your delicious and inclusive menu

**10-Minute Recipes** Liana Werner-Gray,2016-10-25 Improve your health with clean natural foods and nutrient rich recipes that can be made in 10 minutes or less Liana Werner Gray understands how hard it is to find the time to take care of yourself to keep up with her fast paced life she indulged in processed convenience foods until she landed in the hospital and could no longer take her health for granted She shared her journey to healing herself in her blog The Earth Diet which launched her best selling book of the same name Through the Earth Diet lifestyle she has helped thousands of people with thyroid issues eating disorders cancer diabetes acne addictions and other afflictions Liana kept hearing from readers and clients that their biggest obstacle was a lack of time so she gathered together her favorite quick recipes and time saving techniques In 10 Minute Recipes you will find more than 100 recipes to get into your diet more of the essential vitamins minerals and micronutrients your body needs each of which can be prepared in 10 minutes or less Whether you re a meat eater or a raw vegan this inclusive book offers options for juices smoothies salads entrees desserts and more that will delight any palate Liana also delivers advice on proper nutrition tips for shifting out of toxic habits and guides for specific goals such as weight loss reducing inflammation and increasing energy

*The Elements of Baking* Katarina Cermelj,2024-10-03 As soon as I read *The Elements of Baking* I knew it would have a permanent spot on my kitchen bookshelf Dorie Greenspan New York Times bestselling author of *Baking with Dorie* Armed with a PhD in Inorganic Chemistry Katarina Cermelj lays out the science behind baking and the ingredients that make it work so you can easily adapt your baking to your diet and lifestyle and still make sure it tastes spectacular With an abundance of mouth watering recipes together with quantitative modification rules that you can use to convert any recipe into whatever version you fancy *The Elements of Baking* will transform the way you think about ingredients It will be a constant companion in the kitchen and the book you refer to every time you want to bake Just like the recipes of her popular baking blog *The Loopy Whisk* the recipes Katarina shares in her latest book are always approachable reliable and incredibly delicious ranging from savoury dishes like Gluten free Cheesy Garlic Pull apart Bread and Vegan Veggie Hummus Galette to sweet delicacies like Dairy free Apple Pie Cupcakes and Egg free Lemon Swirl Cheesecake Bars And the gluten free vegan chapter will delight anyone who has to avoid gluten eggs and dairy with recipes such as Gluten free Vegan Cinnamon Rolls and Gluten free Vegan Lemon Meringue Cake With a completely novel approach to baking and modifying recipes *The Elements of Baking* will demystify allergy friendly baking once and for

all **History of Tofu and Tofu Products (965 CE to 2013)** William Shurtleff, Akiko Aoyagi, 2013-05 *Desserts* The Coastal Kitchen, 2025-06-24 Impress friends and family with your baking skills and never deny your sweet tooth again This comprehensive guide on the fundamentals of desserts includes hundreds of recipes that will enhance your culinary skills and leave your mouth watering You ll never have to worry about what to make for dessert again Desserts The Ultimate Cookbook is filled with recipes for pastries pies cakes cookies and more to find the perfect dessert for everything from special occasions to everyday sweet treats Inside you will find More than 300 internationally inspired dessert recipes including gluten free keto and vegan dessert options A global history of how desserts were established and discovered around the world A breakdown of ingredients and how they impact the flavor of your finished dessert Tips from seasoned industry professionals This book features helpful techniques to ensure your dessert making experience is flawless along with building blocks that guide you in making the foundations of every dessert from scratch Satisfy any dessert craving you can imagine with Desserts The Ultimate Cookbook The Ultimate Cookbook series Provides a comprehensive guide to all things food from ingredient specific cooking to ethnic cuisine to historical facts and information Inspires your culinary art skills with beautiful images and easy to follow instructions Makes a perfect Valentine s Day gift for the chefs home cooks and foodies in your life Sharpen your skills and feed your appetite with additional cookbooks in the series *The Fast 800 Treats Recipe Book* Dr Clare Bailey Mosley, 2024-04-25 Enjoy more of the things you love FROM THE BESTSELLING AUTHORS OF THE FAST 800 KETO RECIPE BOOK In this new Fast 800 companion cookbook Dr Clare Bailey and Kathryn Bruton show you how to create your favourite bakes sweet treats and desserts with recipes that are lower in sugar higher in fibre and just as delicious From family favourites like brownies and chocolate mousse to no bake cheesecakes and crumbles bite size muffins and bliss balls The Fast 800 Treats Recipe Book brings you sweet treats and savoury snacks that won t send your blood sugars soaring and allow you to enjoy more of the treats you love With 80 indulgent recipes using healthy natural ingredients tips on clever ingredient swaps and how to fit recipes into your Fast 800 Programme The Fast 800 Treats Recipe Book is full of recipes that you ll want to make again and again Including Anzac Biscuits Cherry Ripe Bounty Bars Chocolate Peanut Butter Cookies Mediterranean Cheesy Scones Fig and Goats Cheese Rolls Pistachio and Cranberry Bliss Balls Tahini and Sesame Seed Cookies Strawberry and Cream Ice Pops Mango and Lime Sorbet And more *The Joy of Vegan Baking* Colleen Patrick-Goudreau, 2007-10-01 DIVWhether you want to bake dairy and egg free for health ethical or environmental reasons The Joy of Vegan Baking lets you have your cake and eat it too Featuring 150 familiar favorites from cakes cookies and crepes to pies puddings and pastries this book will show you just how easy convenient and delectable baking without eggs and dairy can be A seasoned cooking instructor and self described joyful vegan author Colleen Patrick Goudreau puts to rest the myth that vegan baking is an inferior alternative to non vegan baking putting it in its rightful place as a legitimate contender in the baking arena More than just a collection of recipes this informative cookbook is a valuable resource for any

baker novice or seasoned Learn just how easy it is to enjoy your favorite homespun goodies without compromising your health or values Chocolate Chip Scones Cranberry Nut Bread Lemon Cheesecake Dessert Crepes Strawberry Pie with Chocolate Chunks Cinnamon Coffee Cake Chocolate Peanut Butter Cupcakes Raspberry Sorbet Oatmeal Raisin Cookies Soft Pretzels Blueberry Cobbler Chocolate Almond Brittle Free of saturated fat cholesterol and lactose but full of flavor flair and familiarity each and every recipe will have you declaring I can t believe it s vegan Complete with luscious color photos this book will be an essential reference for every vegan div

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