



Vegan Inspiration: Whole Food Recipes for Life (Rainbow Fusion Cuisine for Body, Mind and Spirit)

Vegan Chef Todd Dacey with Jia Patten

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Vegan Inspiration presents:

- * Delicious and fun vegan food recipes from many cultures.
- * Straightforward information about healthy cooking practices.
- * Advantages and ease of vegan, organic, raw, and detox diets.
- * An extensive glossary of food products, ingredients, and resources.
- * "Rainbow Fusion" cooking that supports health and spiritual practice.
- * Colon cleansing, food combining, acid/alkaline balance, and much more...



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