

### Keep It Vegan

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We make going vegan easy. Take advantage of our high-quality free resources on switching to a plant-based diet. Take your health to new levels, gain a new respect for animals, and make greener decisions.

#### Keep It Vegan

Meet Áine Carlin - writer, blogger and former actress. Áine's first book, *Keep it Vegan*, was published by Kyle Books in 2014. Áine won the 2014 PETA Award for Best Vegan Cookbook and the 2015 Gourmand Awards for Best UK Vegan Book and Best UK Blogger. [www.peasoupeats.com](http://www.peasoupeats.com).

#### Keep it Vegan: 100 simple, healthy & delicious dishes ...

Let Aine Carlin, creator of popular vegan lifestyle blog *Pea Soup Eats*, enlighten you with her delicious recipes and straightforward tips. Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including Breakfast, Brunch & More, Light Lunches & Simple Suppers, Something Special, Sauces & Sides and Sweet Treats.

#### Keep It Vegan | The Works

But most of all, keep it vegan! With this gorgeous selection of 100 simple, tasty and fun recipes, newcomers and long-time vegans alike will find plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and discover these vegan delights.

#### Keep It Vegan | The Vegan Society

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#### Keep it Vegan by Aine Carlin - Goodreads

Dive in and discover these vegan delights. Take a look at Aine Carlin's blog where she writes about her favourite recipes, hints and tips for the kitchen and the making of the improbable 'Keep it Vegan' - View Blog The perfect introduction to the vegan way of life, this brilliant recipe book will have you yearning for delicious and healthy vegan meals. This paperback book has 176 pages and measures: 23.4 x 19 x 1.4cm.

#### Keep it Vegan: 100 simple, healthy & delicious dishes ...

For a lot of people, going vegan can be overwhelming. For others, it is a breeze. Whichever side of that coin you find yourself on, certain technological tips, apps, or services can be extremely helpful. In this article, we will go over a variety of tips that can make your life as a vegan a [...]

#### For Beginners - Keep It Vegan

Áine Carlin's *Keep it Vegan* demystifies veganism, with 100 delicious yet simple recipes that use standard supermarket ingredients. For the novice, the cookbook will be an introduction to a whole new way of cooking and for the experienced vegan, it will be a collection of quirky yet elegant dishes.

#### Keep It Vegan: Over 100 Simple, Healthy & Delicious Dishes ...

For a healthy vegan diet: eat at least 5 portions of a variety of fruit and vegetables every day base meals on potatoes, bread, rice, pasta or other starchy carbohydrates (choose wholegrain where possible) have some dairy alternatives, such as soya drinks and yoghurts (choose lower-fat and lower-sugar options)

#### The vegan diet - NHS

Ombar's mission is to change the way the world sees chocolate. From cheap, sugary junk food, to cacao rich, nutrient dense super bar!

#### Organic Raw Chocolate - Ombar - Naturally Better

This week's book, *Keep It Vegan*, is by Áine Carlin, a blogger and a very talented woman when it comes to food combinations. I once had a chef who turned vegan and I got him to help me with my vegetarian book but I now realise there is a big difference between vegetarian and vegan food. If you think vegan food is boring, think again.

## Read Book Keep It Vegan

Keep It Vegan eBook: Carlin, Aine: Amazon.co.uk: Kindle Store  
Keep It Vegan. 1.2K likes. Keeping Veganism Simple!

Keep It Vegan - Home | Facebook

But most of all, Keep it Vegan! With this gorgeous selection of 100 simple, tasty and fun recipes, newcomers and long-time vegans alike will find plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and discover these vegan delights.

9780857832528: Keep it Vegan: 100 simple, healthy ...

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Keep It Vegan : Aine Carlin : 9780857832528

Discover the delights of tasty and nutritious vegan cooking with Aine Carlin's Keep It Vegan! A cookbook that is great for vegans, vegetarians, people trying to cut down on meat and those that just want to add some delicious new recipes to their repertoire, the recipes are easy to follow and complemented by simply stunning and sumptuous photography.

Keep It Vegan | Paperback | Book People

Anyway, I thought I 'd give you a bit of sneak peek of what to expect from ' Keep it Vegan ' (that ' s the title and trust me when I tell you we went through many options before deciding on that one) – I ' ve obscured the actual recipes but you can get a good idea of the style, content and layout of the book, which features everything from one pot wonders to something a little more special.

Keep it Vegan - PeaSoup

Keep learning. Remember that going vegan is a learning curve. To live as a vegan in a non-vegan world takes both courage and curiosity. Veganism has been around since 1944, but it ' s still a relatively new concept to many people.

How to go vegan | The Vegan Society

Aine Carlin's Keep it Vegan demystifies veganism, with more than 100 delicious yet simple recipes that use standard grocery store ingredients. Her creative ideas will tempt long-time vegans and newcomers alike, and even meat eaters and dairy fans won't feel they're missing out.

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