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Vegan Recipes - 25 Delicious Vegan Sandwich Recipes: Quick Easy for the Health Conscious Individual

By Olivia Rose

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 25 DELICIOUS AND HEALTHY VEGAN SANDWICH RECIPES COMING RIGHT UP! These delicious vegan recipes are not only quick and easy to make, but also help promote a healthy way of living! This is vegan food done right! Check out what is inside of this vegan sandwich cookbook. Introduction 25 Vegan Sandwich Recipes 1) Tofu in Mint Paste (serves 3) 2) Corn and peas sandwich (serves 3) 3) Sweet corn sandwich (serves 2) 4) Spicy sweet potato sandwich (serves 3) 5) Chickpea kebab sandwiches (serves 2) 6) Yummy potato sandwich (serves 3) 7) Healthy soya sandwiches (serves 2) 8) Mushroom and spinach sandwich 9) Aubergine sandwich 10) Yummylicious peanut butter and banana sandwich (serves 2) 11) Schezwan chili potato sandwich (serves 2) 12) Tomato Pancake sandwich (serves 2) 13) Smoked egg-plant sandwich (serves 3) 14) Tofu tikka sandwich (serves 2) 15) Grilled macaroni and spinach sandwich (serves 3) 16) Pineapple and mushroom Sandwich (serves 3) 17) Bean Burger (serves 3) 18) Caramelized Onion and mushroom sandwich (serves 2) 19) Grilled Chocolate sandwich (serves 2) 20) Vegetable schezwan noodle sandwich...



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