



**The Everything Vegan Paleo Cookbook: Includes
Tangerine and Mint Salad, Mango Berry
Smoothie, Coconut Cauliflower Curry, Roasted
Tomato Zucchini Pasta, ... Hundreds More!
(Everything Series)**

Daelyn Fortney

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The best of both worlds!

You might think that paleo and vegan diets are complete opposites. But that's not true! There are plenty of foods besides meat in the paleo diet. After all, our ancestors were hunters and gatherers, and they likely ate plant-based diets for much of the time. Both paleo and vegan diets focus on clean eating, and The Everything Vegan Paleo Cookbook provides readers with 300 deliciously clean recipes that focus on fresh vegetables and fruits, nuts, sprouts, and healthy fats, including:

- Two-Tomato Salsa
- Avocado-Watermelon Salad
- Almond Joy Smoothie
- Acorn Squash Autumn Bisque
- Veggie Kebabs with Chimichurri Sauce
- Tropical Cashew Nut Butter
- Pistachio-Pumpkin Trail Mix
- Plum Blueberry Coconut Crumble

With these full-flavored, whole-food recipes, you'll have hundreds of options for following both the paleo and vegan lifestyles.

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