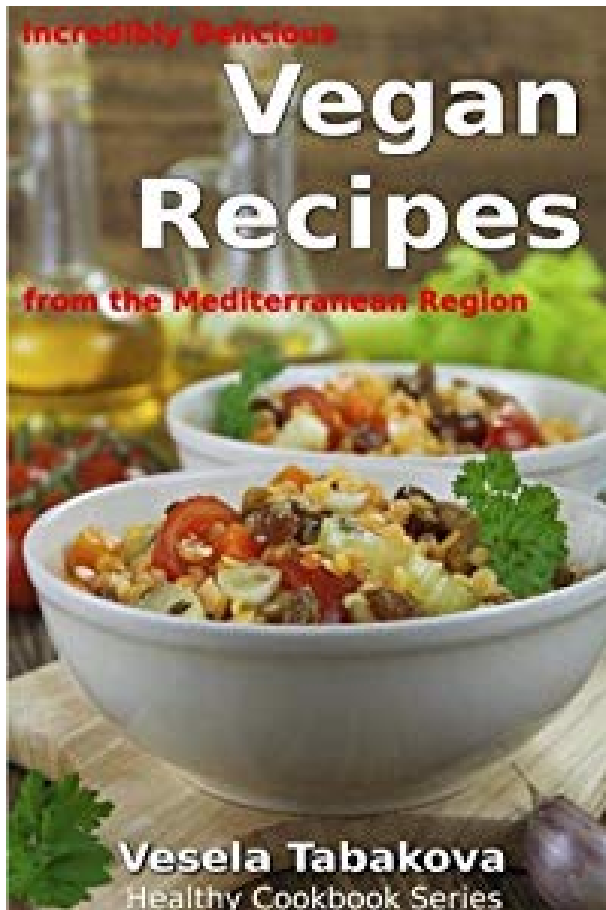


Incredibly Delicious Vegan Recipes from the Mediterranean Region



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The health benefits of the Mediterranean diet are well known, proven with research, and hard to ignore. It is rightly considered the best plant-based diet in the world and therefore really easy to veganise. Switching to a Mediterranean diet will help you enjoy an active long life, will greatly improve your health and beauty, and even your mood. In my new book I have collected my family's favorite Mediterranean vegan recipes – more than 70 amazing meals we all love and make almost every day.