

# Afro Vegan

Happy Vegan Fearne Cotton  
Happy Vegan *Fearne Cotton*

at last easy plant based recipes to make the whole family happy whether you're a fully fledged and dedicated vegan someone that eats vegan when cooking at home but veers off when out and about or completely new to vegan food i hope you enjoy the process of recreating these recipes and ultimately of eating the finished results fearne x so what's a happy vegan one that's well fed well nourished and satisfied by the delicious and innovative plant based recipes they're cooking with simple recipe hacks and flexible options delicious classics and fresh ideas happy vegan will inspire you to eat plant based food full time part time or any time it's packed with comforting easy to make dishes that will become your everyday favourites and go to fridge raiders recipes include ideas to start the day right for lunch on the go some long and lazy slow cooking dishy dinners sharing feasts party time and irresistible sweetest things from burgers to brownies casseroles to cakes happy vegan shows you that vegan food is for everyone and you won't even notice there's no meat or dairy just happy faces praise for fearne cotton's cookbooks easy ways to feed everybody and put a smile on their faces while you're at it sunday mirror congrats on your brill new book jamie oliver

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