

# Your Guide To Vegan Cooking

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WHAT IS VEGAN COOKING? The people on our modern society are concerned with multiple issues. Health and the environment are two very big ones that are at the forefront. People want to eat well and lessen their environmental impact. Threats of global warming and obesity run are two of the biggest concerns. Some people decide they want to tackle both at the same time. Making the choice to become a vegan is a decision that is made just as much for health reasons as well as environmental and ethical ones. Vegan cooking is simply food that is prepared within the vegan specifications so that it supports that lifestyle.

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