

Vegan Soulfood Guide Galaxy

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Say Yes! To Vegan Soulfood: Evolving the Soulfood ... Her third book the Vegan Soul Food Guide to the Galaxy, was nominated for an African American Literary Award for cookbook of the year. Afya is certified in Holistic Health and holds a bachelor's degree in nutrition. 19 Vegan Soul Food Recipes for Down-Home Comfort | Brit + Co 19 Vegan Soul Food Recipes for Down-Home Comfort Paige Johnson Â· Feb 17, 2017 Even though veganism has become totally mainstreamed, there are still people who think that it consists of nibbling on salads like a rabbit. The Vegan Soulfood Guide to the Galaxy by afya ibomu ... The Vegan Soulfood Guide to the Galaxy by afya ibomu The Vegan Soulfood Guide To the Galaxy is much more than a cookbook. It's a fun, fact filled guide to the vegetarian world of grocery shopping, understanding nutrition, meal planning, dining out as a vegan and more.

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