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Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of the diet or the philosophy is known as a vegan (/ ˈv i ɛ • ɛ j ɛ t m n / VEE-gɛ t m n). Distinctions may be made between several categories of veganism. Dietary vegans (or strict vegetarians) refrain from consuming animal ...

Veganism - Wikipedia

It's finally available! A Chocolate Covered Katie breakfast cookbook, filled with over 50 healthy new breakfast recipes – both sweet & savory.. I've gotten so many messages and comments these past few months from readers asking when the new ebook would be coming out, and it was really hard not to say anything!

My New Cookbook Is Finally Here! - Chocolate Covered Katie

Jain vegetarianism is practiced by the followers of Jain culture and philosophy. It is one of the most rigorous forms of spiritually motivated diet on the Indian subcontinent and beyond. The Jain cuisine is completely vegetarian and also excludes underground vegetables such as onion, garlic, etc, to prevent injuring small insects and microorganisms; and also to prevent the entire plant getting ...

Jain vegetarianism - Wikipedia

These 50-calorie Healthy Chocolate Fudge Truffles taste like heaven in a bite-sized package! They're so sweet, chocolatey, and fudgy, you'd never be able to tell they're low calorie, low carb, sugar free, high protein, dairy free, AND vegan!

50-calorie Vegan Chocolate Fudge Truffles Recipe | low fat

Foodbuzz 24—24: The Ultimate Star Wars party! October 4th, 2010 by justJENN . If you've come here looking for May the 4th ideas, check out all my Star Wars recipes here.. I throw a lot of parties, so when this month's Foodbuzz 24—24 called for "kids parties" well, I knew I just had to get in on that. The theme was Kids Table presented by Frigidaire for Save The Children.

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