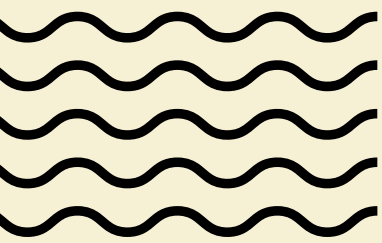


EXCITING LENT RECIPES

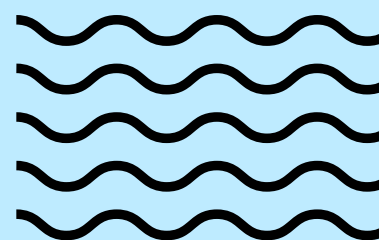




Welcome to our lent recipes magazine! Lent is a special time in the liturgical calendar that is observed by many religious traditions around the world. During this season, many people adopt a simpler and more restricted diet, often including eliminating meat and other animal products from their meals.

In this issue, we've gathered various delicious and creative recipes that meet these restrictions and are perfect for the lenten season. From classic, comforting dishes to exciting new creations, there's something for everyone on these pages.

Whether you're looking for ideas for meatless meals on Fridays during Lent or want to explore new culinary options, we're confident you'll find something you love in this lent recipes magazine. Join us on this culinary journey and discover how tasty this special time of year can be!





Easy One-pot Pasta with...

I'm pretty sure that this easy one-pot pasta with broccoli recipe will soon b...

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Hibiscus flower tacos (they are edible)

This recipe for hibiscus flower tacos is not only delicious, it is also super tasty and full of health benefits for us, it is...

alecooks.com





Mediterranean cauliflower salad

This Mediterranean cauliflower salad is perfect with a big bowl of hummus,...

alecooks.com





Mango verde salad (Green mango salad)

Green mango salad made with only four ingredients, try it, it is the healthiest and most delicious way I...

alecooks.com





Crispy vegan beer battered fish tacos

Baja vegan fish tacos are made with beer battered eggplant, topped with a red cabbage slaw with creamy chipot...

alecooks.com





Vegan tinga tacos

If you like Mexican food, this recipe for vegan tinga tacos has to be on your...

alecooks.com





Vegan birria tacos

Each bite of these vegan birria tacos is a total dream. The corn tortillas, the...

alecooks.com



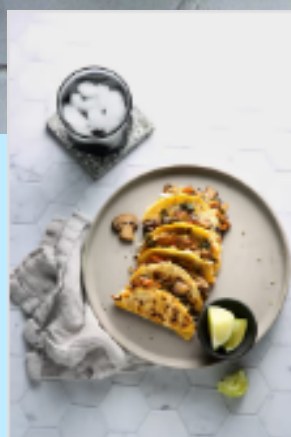


Vegan Kale and Potato tacos

Kale is my favorite green and one of my favorite ways to eat it is in tacos,...

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Vegan Tacos gobernador

This vegan tacos gobernador recipe is a recipe without shrimp, but equally...
alecooks.com





How to make a delicious vegan aguachile

In this post, you'll learn how to make vegan aguachile, a Mexican classic seafood dish in its vegan-raw version.

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Vegan Poke-bowl with mango & sriracha mayo

This is the perfect recipe for a vegan poke bowl with mango, avocado, and sriracha sauce. It is spicy, sweet fro...

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Potato ceviche Veracruz, Mexican food made vegan

This recipe for Potato ceviche Veracruz is a classic Mexican dish made vegan. This vegan ceviche is made with potatoes, no...
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Vegan ceviche tostadas (cauliflower ceviche)

This recipe for vegan ceviche tostadas is an authentic Mexican recipe. The flavors, the texture, and all the...

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