



Simple Recipe For Steamed Seitan

Six Vegan Sisters



Simple Recipe For Steamed Seitan:

Quick and Easy Vegan Slow Cooking Carla Kelly,2012-05-08 Who knew slow could be so fast Well it can be whether you re an experienced cook or a slow cooker newbie with this cookbook of set and forget vegan meals Ever wished you could have a healthy delicious home cooked dinner waiting for you when you get home Well stop dreaming and start cooking In Quick and Easy Vegan Slow Cooking Carla Kelly brings you over 150 recipes for nourishing whole foods based meals with easy to find economical ingredients simple cooking techniques and minimal prep time Whatever your skill level Carla s got you covered for slow cooked meals year round from hearty comforting winter fare to light summer dinners that won t heat up your kitchen If you spend a few minutes in the morning or the night before you can come home to the aromas of these classic favorites and unique new flavors Triple Tomato Soup Smoky Mushroom and Tofu Stroganoff Pumpkin and Tomato Dal Cr me of Broccoli Soup Tempeh Tikka Masala Kidney Bean and Sweet Potato Chili Creamy Leek and Almond Pasta Classic Polenta and much more There s something here for everyone and every occasion Kids will cheer for simple favorites like Franks n Beans and Cheesy Mac and your friends will ooh and aah over sophisticated holiday ready dishes like Asparagus and Pine Nut Vodka Risotto You ll find nourishing soups stews casseroles chilies curries pasta bakes and sides that draw from an eclectic global range of culinary influences to fill your every craving not your every moment With handy slow cooking tips lists of gluten and soy free recipes and a collection of easy sides to accompany your slow cooked main course this book is an all in one guide for every vegan on the go So pull out your slow cooker roll up your sleeves and get set to forget until dinnertime that is

Fast & Easy Vegan Cookbook JL Fields,2019-08-27 Versatile vegan recipes for quick and easy meals Whether you re a full time vegan or just interested in eating more plant based foods variety will spice up your life The Fast Easy Vegan Cookbook brings a new selection of fresh meals to your table pronto From one pot to pressure cooker choose your favorite cooking method without being held hostage for hours in your kitchen This flavorful vegan cookbook doesn t require a long list of ingredients or a huge time commitment The preparation techniques are simple there s even a chapter devoted to not cooking at all Gazpacho anyone Every recipe lists nutritional information and most include tips for ingredient substitution adding more protein or other easy customizations The Fast Easy Vegan Cookbook includes 100 tasty recipes Whip up meals full of personality and variety like Artichoke Heart Salad Spicy Pinto Bean Skillet Mushroom Stroganoff Bake and more Fast easy or both Choose from chapters on 30 minute recipes sheet pan and casserole meals 5 ingredient dishes or even recipes with no cooking required Dietary options This vegan cookbook lets you adapt menus to your needs with handy labels for gluten free nut free oil free or soy free diets Eat easily healthfully and deliciously with the Fast Easy Vegan Cookbook

The Six Vegan Sisters Everyday Cookbook Six Vegan Sisters,2022-01-11 The Ultimate Collection of Plant Based Meals for Every Occasion Welcome to your new go to resource for dependable vegan recipes complete with more than 200 fuss free family approved and down right delicious dishes The sisters behind the popular blog and brand Six Vegan

Sisters have pulled out all the stops to bring you their favorite recipes to cover every kind of cooking need you may have from weeknight dinners to date nights in holidays and everything in between Fall in love with flavor packed eats like Cashew Tofu Sweet Potato Lasagna Broccoli Alfredo Stuffed Shells Bacon and Caramelized Onion Detroit Style Pizza BBQ Jackfruit Sliders Spicy Gochujang Broccoli Wings Coconut Panko Tofu with Peanut Sauce Loaded Breakfast Casserole Mom's Banana Bread Buttermilk Biscuits Seitan Fried Chicken Nuggets with Sweet BBQ Dipping Sauce Triple Layer Cookie Brownies Raspberry Crumble Bars Cookie Dough Dip And so much more You'll also learn to make affordable staples such as vegan cheeses sauces meat substitutes and more Packed with vibrant full page photography this is the ultimate cookbook for simple yet drool worthy plant based food you'll crave all year long 200 Recipes and 100 Full Page Photographs **Protein Ninja** Terry Hope Romero, 2025-05-01 I wanted protein recipes other than that mashing a vanilla flavored powder with almond butter and flax seeds and calling it a day I wanted something that really made me feel as if I was cooking And yes even good old fashioned baking Adding pure unflavored but wholesome plant based protein powders to recipes brings out my inner foodie alchemist I heard the call of the protein ninja Whether you're vegan vegetarian or eat everything you can get your hands on a weeknight home chef everyday athlete or just a busy person looking wholesome protein rich snacks and meals you deserve something better than another chia seed ball or protein shake for dinner Award winning vegan chef Terry Hope Romero leads the charge with 100 lean mean recipes using a wide range of readily available ingredients from supermarket friendly staples to cutting edge superfoods and an arsenal of gluten and soy free options With an everything you need to know rundown on plant based protein sources and chapters like Stealthy Protein Pancakes Waffles Scrambles Much Much More Super Toast Savory or Sweet and Better than Ever Burger Bowls you'll soon be sneaking plant based protein into your breakfasts dinners and everything in between Dig into Chocolate Avocado Smoothie Bowl Golden Corn Hemp Protein Waffles Baked Veggie Pan Omelet Edamame Spelt Flatbreads Garam Masala Red Lentil Toast Cheesy Herb Kale Scones Green Goddess Burger Roasted Potatoes Bowl Tomato Gravy Biscuit Kale Bowl Korean Tofu Taco Salad Lemongrass Tempeh Meatballs with Peanut Satay Sauce Waffled Tofu Waffles Collards Bowl Black Bean Hemp Brownies Peanut Butter Coconut Cherry Chewies and many more **Show Up for Salad** Terry Hope Romero, 2019-06-04 The coauthor of *Veganomicon* and author of *Salad Samurai* is back with more flavorful and hearty vegan recipes to up your salad game Are you seeking a different kind of salad *Salad Samurai* Terry Hope Romero helps you free your bowl from store bought dressings and predictable lettuce combinations with her innovative mix and match basics The hearty plant based proteins dairy free cheesy toppings crunchy croutons and endless leafy veggie and fruit options you crave in a satisfying lip smacking salad are all right here for lunch dinner or even breakfast *Isa Does It* Isa Chandra Moskowitz, 2013-10-22 Recipes tips and strategies for easy delicious vegan meals every day of the week from America's bestselling vegan cookbook author How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day often in 30 minutes or less It's easy In *Isa Does*

It the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale Bistro Beet Burgers and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat free food can be The recipes are supermarket friendly and respect how busy most readers are From skilled vegan chefs to those new to the vegan pantry or just cooks looking for some fresh ideas Isa s unfussy recipes and quirky commentary will make everyone s time in the kitchen fun and productive **The "I Love My Instant Pot®"**

Vegan Recipe Book Britt Brandon,2017-12-19 A vegan plant based diet is healthy nutritious and environmentally friendly Now it s easier than ever to create plant based dishes thanks to the Instant Pot With 175 vegan recipes and photographs throughout this cookbook is perfect for fans who want to learn how to make delicious plant based dishes for every meal

Viva Vegan! Terry Hope Romero,2025-05-01 As coauthor of the phenomenally successful cookbooks Veganomicon and Vegan Cupcakes Take Over the World Terry Hope Romero has long been one of the most popular vegan chefs around Now in her first solo cookbook Romero opens the world of Latin flavor to vegans and foodies alike Viva Vegan expands the palates of anyone looking for a way to add fresh seasonal ingredients and authentic spice to their meals without relying on animal products A proud Venezuelan American Romero s enthusiasm for her culture shines through every recipe Viva Vegan covers every aspect of Latin cooking across the Americas refreshing bebidas drinks vibrant ensaladas hearty empanadas nourishing stews and one dish wonders Learn the basics how to make the perfect tamale salsa to complement any dish and beans from scratch plus special treats like flan churros and more Complete with gorgeous color photos Viva Vegan is the ultimate guide to authentic and inspired new Latin cuisine *Quick and Easy Low-Cal Vegan Comfort Food* Alicia C. Simpson,2012-05-15

At last vegan food that packs a heaping helping of comfort without the extra calories Alicia C Simpson the master of vegan comfort food is back again with food that s crave worthy and conscience friendly 150 satisfying flavorful all new recipes to enjoy from breakfast to dinner and anytime in between However you define comfort food Alicia s got you covered with down home Southern standards Tex Mex fiesta favorites backyard BBQ fare ole fashioned one dish meals riffs on classic takeout and a few surprises destined to become new standbys Baked Hush Puppies Hoppin John Sweet Potato Salad Meatball Soup Carolina BBQ Sammich Chik n Pot Pie Kung Pao Tofu Gyros with Tzatziki Sauce Butter Rum Pound Cake Ooey Gooeys Mexican Hot Cocoa and more Every recipe includes detailed nutritional data on calories carbohydrates fat fiber and more Plus suggested daily menus ranging from 1 400 to 2 000 calories make it easier than ever to start cooking food that s good in every sense of the word **Acid Reflux Diet,Acid Reflux Cookbook,Acid Reflux Recipes,GERD Diet,Heartburn**

Relief,Gut Health,Healthy Eating,Recipe Book Matt Kingsley,2025-10-18 The Acid Reflux Cookbook Your 20 Chapter Path to Comfort Healing and Delicious Trigger Free Living 100 Gentle Science Supported Recipes for Heartburn Relief GERD Management and Digestive Wellness Break Free from the Burn Rediscover the Joy of Eating No More Fear No More Pain Just Soothing Flavorful Meals That Love You Back Tired of choosing between flavor and comfort Sick of guessing which foods will

trigger the next flare up Done with bland restrictive diets that leave you unsatisfied and isolated Welcome to a new way of eating where relief meets richness and every bite supports your healing The Acid Reflux Cookbook isn't another list of don'ts It's a vibrant empowering guide to eating well without the burn Inside you'll discover how simple whole ingredients come together in 100 delicious reflux friendly recipes each crafted to soothe your digestive system not stress it This isn't deprivation It's nourishment It's freedom It's food that finally works for you Why This Approach Changes Everything 100 Expertly Crafted Recipes Every dish designed to minimize acid production and support gentle digestion Complete Daily Support From calming breakfasts to satisfying dinners and guilt free desserts Holistic Healing Framework Lifestyle mindset and meal timing integrated for lasting relief Beginner Friendly No prior knowledge of reflux triggers or digestive health required Budget Conscious Uses affordable accessible ingredients no specialty items needed Time Saving Simple prep minimal cleanup and smart meal prep strategies for busy lives Your Complete Healing Journey Digestive Wellness Foundations Understand how your body processes food and why reflux happens Reflux Safe Pantry Building Stock your kitchen with healing ingredients and avoid hidden triggers Trigger Awareness Learn to identify and eliminate what's causing your discomfort Weekly Meal Planning Realistic frameworks for stress free symptom free eating Gentle Morning Starts Breakfasts that energize without irritation Soothing Beverages Smoothies teas and drinks that calm not aggravate Fresh Balanced Bowls Salads and light meals that satisfy without heaviness Healing Soups Broths Warm nourishing bowls that comfort your gut Lean Protein Mastery Chicken turkey and fish prepared safely and deliciously Plant Powered Proteins Legumes and tofu made easy and digestible Vegetable Wisdom The best produce choices for healing and satisfaction Whole Grains Done Right Carbohydrates that support digestion not disrupt it Sweet Relief Desserts that satisfy cravings without consequences Lifestyle Harmony Posture stress sleep and movement for total digestive wellness Social Confidence How to dine out travel and gather with ease Long Term Success A sustainable plan to maintain relief and prevent flare ups Ideal For These Readers Anyone battling frequent heartburn acid reflux or GERD Those tired of medication without lasting solutions People seeking natural food based healing Busy individuals needing quick safe meal ideas Families wanting inclusive reflux friendly meals Cooks of all levels from beginners to seasoned home chefs Anyone who wants to eat with joy not fear The Reflux Relief Advantage Traditional advice Endless restrictions Our approach Empowering choices Traditional advice Bland boring food Our approach Flavorful satisfying meals Traditional advice Guesswork Our approach Clear science backed guidance Traditional advice Short term fixes Our approach Lifelong wellness Traditional advice Isolation Our approach Inclusive family friendly cooking Traditional advice Confusing triggers Our approach Simple personalized awareness Success Differentiators Trigger identification made easy no more guessing games Kitchen tools and methods that support gentle digestion Smart cooking techniques to minimize acid production Batch cooking and meal prep for consistent success Balanced meals that prevent overeating and pressure Confidence in social settings and restaurants Mindful eating practices

for deeper satisfaction Sustainable habits that become second nature A compassionate non judgmental approach to healing Joyful rediscovery of food as comfort not conflict Reader Testimonials I haven't felt this good after meals in years The recipes are actually delicious Linda P My husband and kids love these meals no one feels deprived Finally a diet that works for everyone James L The meal prep chapter changed my life I'm not scrambling at 6 PM anymore Aisha M I used to dread dinner Now I look forward to it This book gave me my life back Robert T Comprehensive 20 Chapter Blueprint Chapters 1-4 Understanding reflux identifying triggers building your pantry and mastering cooking methods Chapters 5-7 Breakfasts beverages and smoothies that start your day right Chapters 8-10 Lean proteins plant based options and healing vegetables Chapters 11-13 Whole grains salads and smart snacks Chapters 14-15 Family dinners and one pot meals for busy nights Chapters 16-17 Meal prep and dining out with confidence Chapters 18-20 Desserts lifestyle habits and your long term wellness plan Your Transformation Awaits Eat without fear rediscover the pleasure of food Soothe your digestive system naturally every day Save time and money simple ingredients fewer trips Build kitchen confidence every recipe is a win Support gut healing fiber nutrients and balance Improve sleep and energy by calming your digestion Strengthen family meals everyone eats well together Break free from medication dependence food as medicine Create lasting change no more yo yo cycles Live fully without the constant shadow of discomfort Begin Your Healing Journey Today Access 100 delicious reflux safe recipes Reclaim your relationship with food Enjoy meals that are as kind to your body as they are tasty Build a lifestyle of comfort not compromise Feel confident at home in restaurants and at gatherings Transform your health one gentle satisfying bite at a time Discover how thoughtful ingredients mindful preparation and compassionate eating come together to create meals that heal satisfy and bring peace proving that relief doesn't require sacrifice just smart loving choices

Veganomicon Isa Chandra Moskowitz, Terry Hope Romero, 2007-11-02 An all purpose vegan cookbook with menu suggestions and many soy free gluten free and low fat recipes [One-Dish Vegan Revised and Expanded Edition](#) Robin Robertson, 2018-10-09 Get your nutrition the right way with One Dish Vegan Revised and Expanded Edition now with luscious color photography and 25 new recipes This cookbook features 175 nutritionally sound vegan recipes that are fast and easy each one brimming with flavor The first edition of One Dish Vegan was a nutritionally well rounded vegan cookbook that captivated home chefs In the Revised and Expanded Edition you will find all of this plus even more fast and convenient one dish meals now accompanied by beautiful photos to inspire your cooking The bold and vibrant recipes range from the most popular categories of one dish dining like stews chilis and casseroles to a host of stove top sautes and stir fries You will also enjoy substantial salads as well as pastas and other noodle based dishes Enjoy Indonesian Noodle Soup with Tofu Smoky Chickpea Salad with Mango and Avocado Seitan and Asparagus with Orange Sesame Sauce Orange Scented Chipotle Chili Pasta and Zucchini Puttanesca Turkish Style Stuffed Eggplant with Walnut Sauce Convenience and easy cleanup are key in One Dish Vegan not only can each meal be served and enjoyed in a single dish but most can also be prepared in a single

container Now you can spend more time eating and less time cleaning The recipes are at once homey and adventurous comforting and surprising Above all they demonstrate that it really is possible to get a complete vegan meal into one dish full of good for you nutrients and bright satisfying flavors Veganomicon (10th Anniversary Edition) Isa Chandra Moskowitz,Terry Hope Romero,2017-09-26 Vegan powerhouses Isa Chandra Moskowitz and Terry Romero update their beloved cookbook with 25 new dishes revisions throughout for more than 250 recipes stunning color photos and tips for making your kitchen a vegan paradise Who knew vegetables could taste so good Vegan powerhouses Isa Chandra Moskowitz and Terry Romero bring a brand new edition of this beloved vegan cookbook to celebrate its 10th anniversary You ll find 25 new dishes and updates throughout for more than 250 recipes everything from basics to desserts stunning color photos and tips for making your kitchen a vegan paradise All the recipes in Veganomicon have been thoroughly kitchen tested to ensure user friendliness and amazing results Veganomicon also includes meals for all occasions and soy free gluten free and low fat options plus quick recipes that make dinner a snap *The Native Foods Restaurant Cookbook* Tanya Petrovna,2003-11-04 When people ask Tanya Petrovna Are you a strict vegetarian she replies No I m a fun vegetarian The visionary behind the Native Foods chain of restaurants Tanya is known for creating cuisine that is nutritious organic compassionate and delicious Now you can make her best recipes at home including Mecca Azteca Salad quinoa and romaine topped with fresh avocado jicama cucumber and mango lime vinaigrette Mad Cowboy barbecue soy breasts topped with green onion corn red pepper and ranch dressing Jungle Boogie Bars baked oats bananas chocolate coconut almonds and maple syrup The Native Foods Restaurant Cookbook also contains glossaries of ingredients utensils and cooking methods and instructions for making your own seitan from scratch **One-Dish Vegan** Robin Robertson,2013-11-12 Vegan books have risen to a dominant sales position in the vegetarian category One dish meals are perennially popular on American tables and books devoted to one dish cooking perform well Robin Robertson s One Dish Vegan is the first book at the intersection of these two powerful cookbook categories Robin Robertson has built a publishing record of very successful titles in the vegetarian category She is known for her creativity in the kitchen for the breadth of enticing ingredients and flavors with which she works and for her expertise in vegetarian nutrition with a special focus lately on how vegans still can get enough protein in their diets Typically it takes two or three courses or dishes to make a well rounded vegan meal To meet this criterion in one dish takes the kind of ingenuity and expert knowledge that Robertson possesses One Dish Vegan contains more than 150 recipes They range from the most popular categories of one dish dining like stews chilis and casseroles and other baked dishes to a host of stovetop saut s and stir fries as well as substantial salads and dishes that feature pasta as well as other noodles such as Asian noodles The recipes are at once homey and adventuresome comforting and surprising Above all they demonstrate that it really is possible to get a complete vegan meal into one dish full of good for you nutrients and bright satisfying flavors *Eat Healthy with Melanie* Melanie Waxman,2019-02-07 Eat Healthy with Melanie is the essential healthy cookbook All you need to know about

eating a wholesome delicious and nutritious diet With *Eat Healthy with Melanie* you will find out How to keep your immune system strong Ways to eat healthy foods in college How organic living foods increase your energy levels How to heal the earth with the foods you eat Natural and healthy ways to maintain weight How Macrobiotic cooking is easier than you think Over 140 heavenly sugar free vegan recipes How to Go Green and Get Fit *New American Vegan* Vincent J.

Guihan,2011-09-06 All across North America people are looking to make better choices but also eat healthier more environmentally friendly and most of all great tasting food *New American Vegan* breaks from a steady stream of cookbooks inspired by fusion and California cuisines that put catchy titles and esoteric ingredients first in their efforts to cater to a cosmopolitan taste Instead Vincent goes back to his midwestern roots to play a humble but important role in the reinvention of American cuisine while bringing the table back to the center of American life Weaving together small town values personal stories and 120 great recipes *New American Vegan* delivers authentically American food that simply has to be tasted to be believed Recipes range from very basic to the modestly complicated but always with an eye on creating something that is both beautiful and delicious while keeping it simple Clear instructions provide step by steps but also help new cooks find their feet in the kitchen with a whole chapter devoted just to terms tools and techniques With an eye towards improvisation the book provides a detailed basic recipe that's good as is but also provides additional notes that explain how to take each recipe further increase flavor add drama to the presentation or add a little extra flourish for new cooks and seasoned kitchen veterans alike **How to Cook Everything Vegetarian** Mark Bittman,2017 A definitive one stop vegetarian cookbook

showcases more than two thousand different recipes and variations for simple meatless meals including salads soups eggs and dairy vegetables and fruit pasta grains legumes tofu and other meat substitutes *New Vegetarian Classics* Mary F.

Taylor,1995 A unique blending of tradition and innovation draws together classic cooking methods and traditions of France and Asia with vegetarian ingredients to create over 150 low fat recipes Color photos **Venturesome Vegan Cooking**

J.M.,Michelle,2010-10-01 *Venturesome Vegan Cooking* breaks the vegan mold focusing on great flavor and innovative recipes from around the globe The more than 100 recipes have a strong international pedigree including recipes drawn from the authors travels in Europe and Africa The book features manageable easy to make recipes written in a clear straightforward style It introduces readers to unusual ingredients slowly incorporating them into otherwise familiar dishes resulting in bold fresh flavors with a comfortable dash of tradition Some of the recipes guaranteed to delight the palate are Fresh Spring Rolls Spicy Creamy Hummus Spicy Asian Noodle Salad Hearty Autumn Squash and Bean Stew Memere's Shepherd's Pie Sweet Apricot Potatoes with Pine Nuts Pasta Spirals with Creamy Potato and Artichoke Sauce Peppery Pumpkin Risotto Succulent Strawberry and Vinegar Sauce Chocolate Fudge Pie Sticky Cinnamon Nut Rolls Spare the Pigs Hash and scores of others *Venturesome Vegan* means bold fresh flavors healthful recipes that challenge and excite the palate but are designed for the typical home cook with typical home cook skills and great vegan cooking for both vegan beginners and those looking to break

out of their usual rut

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Table of Contents Simple Recipe For Steamed Seitan

1. Understanding the eBook Simple Recipe For Steamed Seitan
 - The Rise of Digital Reading Simple Recipe For Steamed Seitan
 - Advantages of eBooks Over Traditional Books
2. Identifying Simple Recipe For Steamed Seitan
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Simple Recipe For Steamed Seitan
 - User-Friendly Interface
4. Exploring eBook Recommendations from Simple Recipe For Steamed Seitan
 - Personalized Recommendations
 - Simple Recipe For Steamed Seitan User Reviews and Ratings
 - Simple Recipe For Steamed Seitan and Bestseller Lists
5. Accessing Simple Recipe For Steamed Seitan Free and Paid eBooks

- Simple Recipe For Steamed Seitan Public Domain eBooks
 - Simple Recipe For Steamed Seitan eBook Subscription Services
 - Simple Recipe For Steamed Seitan Budget-Friendly Options
6. Navigating Simple Recipe For Steamed Seitan eBook Formats
- ePub, PDF, MOBI, and More
 - Simple Recipe For Steamed Seitan Compatibility with Devices
 - Simple Recipe For Steamed Seitan Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Simple Recipe For Steamed Seitan
 - Highlighting and Note-Taking Simple Recipe For Steamed Seitan
 - Interactive Elements Simple Recipe For Steamed Seitan
8. Staying Engaged with Simple Recipe For Steamed Seitan
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Simple Recipe For Steamed Seitan
9. Balancing eBooks and Physical Books Simple Recipe For Steamed Seitan
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Simple Recipe For Steamed Seitan
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Simple Recipe For Steamed Seitan
- Setting Reading Goals Simple Recipe For Steamed Seitan
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Simple Recipe For Steamed Seitan
- Fact-Checking eBook Content of Simple Recipe For Steamed Seitan
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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