

Veganish Rainbow Vegan Smoothie Recipes

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Summary:

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Veganism - Wikipedia 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 ɛː ɪ ˈn / VEE-gɛːn). Distinctions may be made between several categories of veganism.