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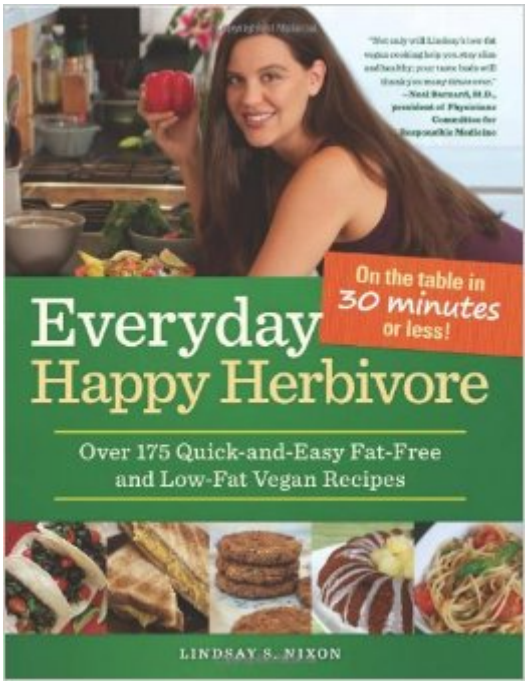
Everyday Happy Herbivore: Over 175 Quick-and-Easy Fat-Free And Low-Fat Vegan Recipes



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Synopsis

After vegan chef Lindsay S. Nixon wrapped up her popular cookbook The Happy Herbivore Cookbook last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged Nixon to come up with simpler fare, which led to a follow-up cookbook focusing on recipes that bring tasty back to quick-and-easy.Now, in Nixon's much-anticipated follow-up cookbook, EverydayÂ Happy Herbivore, readers will see, once again, that just because plant-based eating is optimal for health, it doesn't have to also be expensive or time-consuming.Everyday Happy HerbivoreÂ includes more than 175 doable recipes--recipes that are so quick and easy, you could cook three healthy meals from scratch every day like Nixon does.Each of Nixon's recipes are made with wholesome, easy-to-find, fresh ingredients and include no added fats. With additional notes indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, EverydayÂ Happy HerbivoreÂ will be the must-have cookbook for anyone desiring a healthier, happier menu!

Book Information

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Customer Reviews

I haven't had the opportunity to read Lindsay Nixon's first book, Happy Herbivore Cookbook, so I can't make any comparisons. After reading this one, however, I will most likely treat myself to the first book as well.Lindsay starts off by explaining why she has chosen to eat a vegan diet...health, impact on the environment, animal compassion, cost, etc. She also discusses the harmful traits of oils. I am in total agreement with all of these great reasons to stay away from animals and fats. Personally I don't think I have the willpower to go totally vegan, but with books like this, I hope to at

least incorporate vegan cooking into my diet as often as possible.Lindsay next goes over her basic shopping list of things you should have in your pantry, refrigerator, freezer, and spice cabinet. With these items, you can make most of her dishes. She also points out that most of these items can be bought at your typical grocery store, with an occasional ingredient necessitating a trip to your local health food/whole foods store. The list is pretty basic with items most of us would already have in our cupboards with the exception of maybe quinoa, chickpea flour, tofu, and vital wheat gluten. That is about as exotic as it gets, so you will find that her recipes are quick and call for simple ingredients.Lindsay next gives you some very basic suggestions for preparations and some "code" emblems that will identify each recipe as F (fat free), 1 (single serving), G (gluten free), $ (budget), and so forth. A handy tool.Before each recipe, Lindsay offers a little side note or suggestion. Most, but not all, recipes have colored photos of the finished product.

I've been vegan for 1.5 years, and this is my second Happy Herbivore cookbook...and may be my all-time favorite cookbook.These recipes truly are for everyday meals. I work full-time and am very busy, so I rarely have the time or motivation to cook elaborate meals after work. These recipes are a godsend. I can make most of them in less than 10 minutes; the longest took 30. And for most of the recipes, I have the ingredients on hand so don't have to buy anything additional. When I do have to buy ingredients, they were always easy to find at my local grocery store and would usually cost me less than $5.And these fat-free and low-fat recipes also helped me to maintain my 30+ pound weight loss. To maintain my weight loss, I eat veggies, whole grains, and protein (legumes or soy) at every meal. I can make endless meals of this combination using these recipes.In addition to being quick and easy to make, using everyday ingredients I had on hand or were inexpensive to buy, and helping me stay slim, these recipes are delicious! When I first started making Lindsay's recipes, I was skeptical whether fat-free (the recipes have no added fat, like oils) could be good. Now, I'm a true believer. I use Lindsay's fat-free cooking techniques all the time, but I never feel like I'm dieting or restricting what I eat because everything is so good. I've made some of these recipes every single week because I love them so much.The recipes I've made the most are Miso Gravy. If I need more greens or grains in my day, I whip up some of this gravy in about three minutes and pour it over steamed kale or quinoa, or make a bowl of steamed greens, brown rice, and either beans or tofu and pour this on. It's one of the best all-purpose gravies I've tried. Tofu Fries.

When the first Happy Herbivore Cookbook (HHC) came out, I was a fairly new Herbie. I fell in love with the book immediately due to its simple, healthy, and delicious recipes. I tried other cookbooks

but they all paled in comparison and each week I'd find myself returning to Lindsay's recipes again and again. I found myself eating and cooking vegan/plant-based about 95% of the time; and some weeks I would look back and realize I had not eaten animal products at all- by complete accident!I loved HHC but I must say - Everyday Happy Herbivore (EHH) BLOWS it out of the water. From the improved photography to the awesome features, new and old,, the book is equal parts beautiful and functional. Furthermore, despite being a VERY slow cook,I found the recipes coming together super quickly. In fact, I made 4 recipes within the first 12 hours of receiving it! Granted, I had been waiting for the book to arrive before going grocery shopping, but I found I only needed to pick up a handful of items I had run out of in my pantry (e.g. canned beans, diced tomatoes). I also had made three additional recipes prior to receiving the book, thanks to Lindsay providing sneak peeks and they were equally delicious, satisfying, and easy.Perhaps what I love the most (besides the chocolate cake that you can make in a mug in your microwave in less than 5 minutes.

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