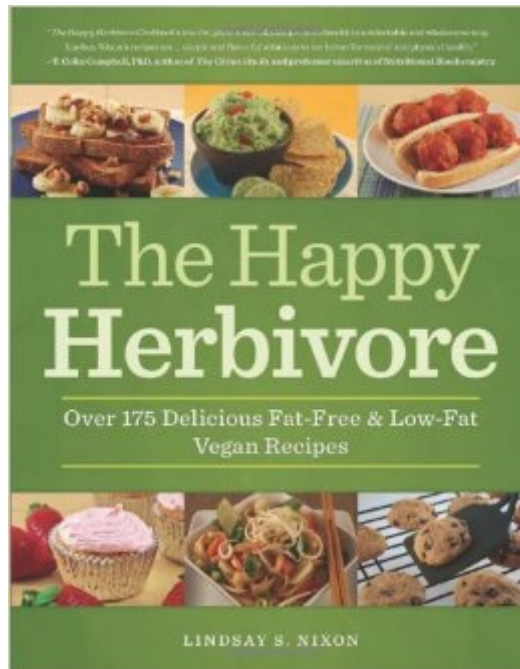


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# The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free And Low-Fat Vegan Recipes



## Synopsis

This book will save you money by using "everyday" inexpensive ingredients, save you time with easy, no fuss recipes and improve your health with each nutritional bite. Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay S. Nixon, creates recipes that show eating a low fat vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, unprocessed plant-based foods. With Nixon's help it's easy to make healthy food at home in minutes using inexpensive, "everyday" ingredients and tools. The Happy Herbivore Cookbook includes: A variety of recipes from quick and simple to decadent and advanced. Helpful hints and cooking tips making home cooking easy and stress-free. An easy-to-use glossary demystifying any ingredients that may be new to the reader. Pairing suggestions with each recipe to help make menu planning easy and painless. Allergen-free recipes, including gluten-free, soy-free and sugar-free. The Happy Herbivore Cookbook is easy-to-follow with a comprehensive index so you can always find what you're looking for or find a recipe to use up a leftover ingredient. Nixon also provides nutritional analyses; inspiring colorful photographs on nearly every page; funny blurbs at the beginning of each recipe; and chef's notes suggesting variations for each dish. Even the most novice cook will find healthy cooking easy--and delicious!

## Book Information

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## Customer Reviews

I wanted to like this book and kept trying new recipes to see if I find at least a few to use on a regular basis, but unfortunately it's been a huge disappointment. I was hoping to find recipes that

use interesting flavors and combinations of vegetables... I thought for sure there would be plenty of great salads, recipes using interesting fruit and vegetable combinations, asparagus, bok choy, beets, mushrooms, maybe some nuts and seeds, too. The book seems to be heavy on starches especially beans and chickpeas. I am only finding one recipe that uses asparagus (Balsamic Braised Asparagus), just a couple that use mushrooms, which most people know how to make anyway (Portabello Steaks and Steak (Mushroom) & Pepper Fajitas). Even green beans seem to be missing for the most part. There are many recipes that allow you to create sauces and vegan cheese using tofu, but very few for preparing tofu itself to have as the main course. I agree with other reviewers that many processed vegan products are used. TVP is required for tacos, chimichangas, spicy sausage, baked ziti, Mexican chorizo, chili--basically where a meat eater would use ground meat. Gimme Lean product is used in meatballs, breakfast sausage patties, bacon bits, and Cajun meatloaf. Several recipes call for liquid smoke. I liked having the nutritional information listed with each recipe, however, the amount of sodium is not shown (only fat, carbs, protein, fiber, and sugar). Some of the recipes that I made so far... I should mention that I'm in my mid 30's and have at least 10+ years of experience cooking 4-5 times a week. I can follow most recipes quickly and easily and rarely make something my family doesn't enjoy eating. I am health-conscious and watch the amounts of fat, salt, and sugar in my cooking.

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