

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

By Lindsay S. Nixon

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The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes By Lindsay S. Nixon

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.

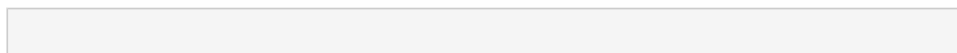
Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, unprocessed plant-based foods.

With Nixon's help its 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!



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Editorial Review

Review

"*The Happy Herbivore Cookbook's* low fat, plant-based dishes promote health in a delectable and wholesome way. Lindsay Nixon's recipes are a practical and affordable means to a nutritious lifestyle that can help prevent and reverse disease."

-- **T. Colin Campbell, PhD**, author of *The China Study*

"Home fries and cupcakes and meatball subs.... Not the healthiest though, right? Wrong! Nixon's new cookbook chock full of fat-free and low-fat vegan versions of our favorite highly caloric (and highly delicious) eats."

-- **VegNews Magazine**

"*The Happy Herbivore Cookbook* will not only make all your culinary dreams come true but will give you a recipe for lifelong health... Jump on in, get your feet wet with all the foods you thought you'd have to set aside to get healthy."

-- **Neal Barnard, MD**, president, Physicians Committee for Responsible Medicine

"*The Happy Herbivore Cookbook* is filled with simple-to-prepare and delicious healthy recipes. We recommend that you make this part of your kitchen library. Using it often will help you preserve (and regain) your health and appearance."

-- **John McDougall, MD**, and Mary McDougall, founders of the McDougall Program

"*The Happy Herbivore Cookbook* is down to earth and sings to my heart and mouth. Deliciously brilliant!"

-- **Rip Esselstyn**, author of *The Engine 2 Diet*

From the Author

I created happyherbivore.com to prove that food can be just as nutritious as it is delicious. This cookbook emulates that vision. These recipes, a combination of blog favorites and new creations, will proudly show you that eating healthy doesn't have to be a chore and can instead be a pleasure. Best of all, every tasty dish is made with whole foods and no added fat. Additionally, all of my recipes have been designed to be accessible to every person, every palate, and every budget. No matter where you live, you'll be able to enjoy healthy vegan meals at home quickly and affordably.

From the Inside Flap

Lindsay S. Nixon is a seasoned New Yorker, but she was born in Pennsylvania and has lived in Florida, South Carolina, Massachusetts, and California as well. She enjoys recreating traditional foods of the places she's lived in and traveled to, and her recipe repertoire is a melting pot of world cuisines. Lindsay was raised on Polish and Italian staples, but she has a huge soft spot for good ol' American comfort food. Her favorite

cuisine to cook is Indian, though she can't imagine her life without Thai or Ethiopian food in it. Adopting a low-fat vegan diet has opened her up to cuisines and ingredients she would have never tried as an omnivore, and it's one of the things she loves best about low-fat vegan cooking--the possibilities are truly endless. It's also changed her life, giving her more energy and health.

Users Review

From reader reviews:

Carolyn Livingston:

Do you considered one of people who can't read gratifying if the sentence chained from the straightway, hold on guys that aren't like that. This The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes book is readable by you who hate those straight word style. You will find the info here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to supply to you. The writer of The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes content conveys thinking easily to understand by a lot of people. The printed and e-book are not different in the content but it just different by means of it. So , do you nonetheless thinking The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes is not loveable to be your top collection reading book?

Richard Williams:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the reserve untitled The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes can be very good book to read. May be it may be best activity to you.

Willette Bickel:

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Helen Albertson:

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