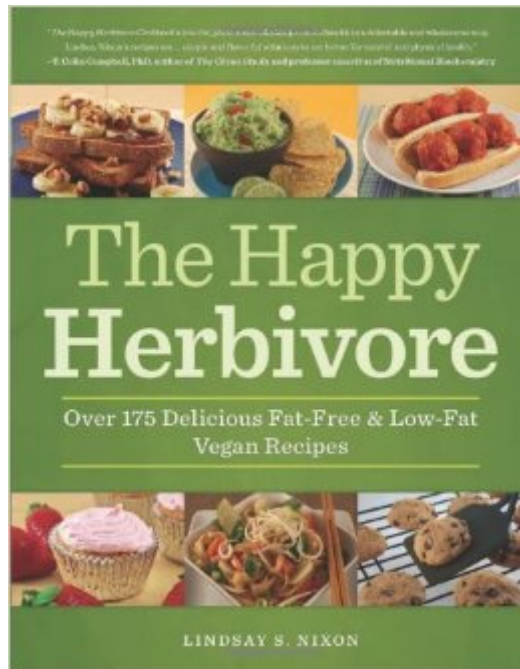


The book was found

# 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

Paperback: 320 pages

Publisher: BenBella Books; Original edition (February 1, 2011)

Language: English

ISBN-10: 1935618121

ISBN-13: 978-1935618126

Product Dimensions: 7 x 21.5 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (726 customer reviews)

Best Sellers Rank: #24,544 in Books (See Top 100 in Books) #60 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #90 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## 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.

[Download to continue reading...](#)

The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Everyday Happy Herbivore: Over 175 Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free,

Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook)

[Dmca](#)