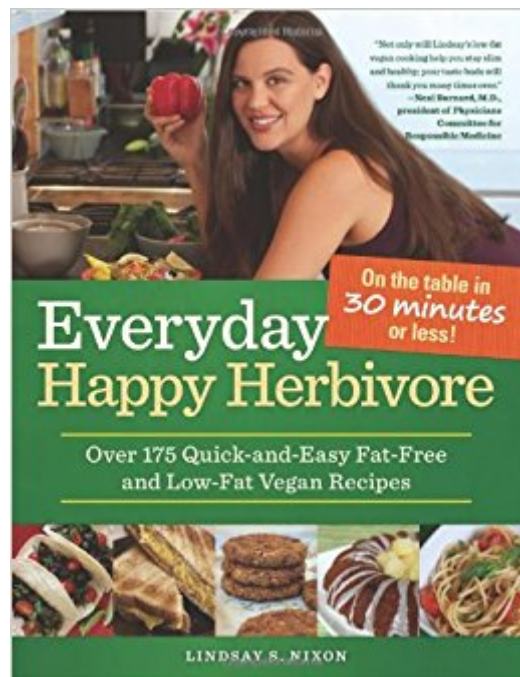




The book was found

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



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, *Everyday 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 Herbivore* 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, *Everyday Happy Herbivore* will be the must-have cookbook for anyone desiring a healthier, happier menu!

Book Information

Paperback: 336 pages

Publisher: BenBella Books; 1 edition (December 6, 2011)

Language: English

ISBN-10: 1936661381

ISBN-13: 978-1936661381

Product Dimensions: 0.8 x 7 x 9 inches

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

Average Customer Review: 4.7 out of 5 stars See all reviews (618 customer reviews)

Best Sellers Rank: #37,802 in Books (See Top 100 in Books) #86 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #135 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

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.

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

Everyday Happy Herbivore: Over 175 Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes 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) 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 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) 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: 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 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) 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: 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) 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) 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 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) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) 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,) 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) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)