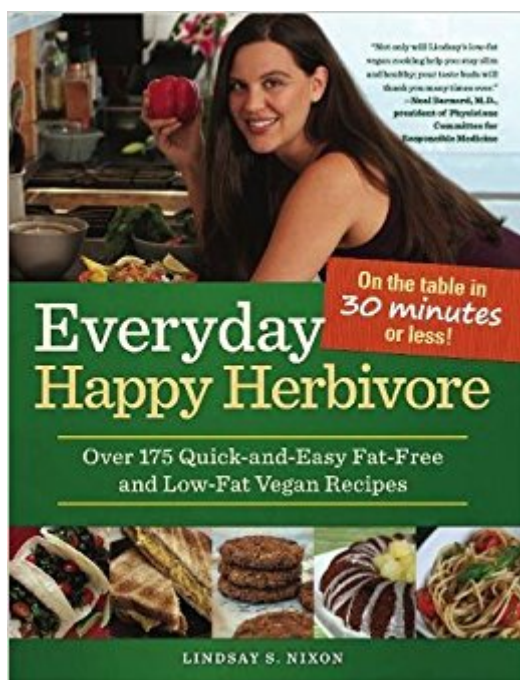


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Everyday Happy Herbivore: Over 175 Quick-and-Easy Fat-Free And Low-Fat Vegan Recipes



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 630 customer reviews

Best Sellers Rank: #76,282 in Books (See Top 100 in Books) #127 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #313 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

“Lindsay gets it. She blends guidance, ingredients, and tradition with HEALTH! *Everyday Happy Herbivore* overflows with information and recipes from every corner of the globe, and they will fill every corner of your belly with plant-based goodness.”
—Jane and Rip Esselstyn (author of the New York Times bestseller *Engine 2 Diet*) “*Everyday Happy Herbivore* will ignite your love for cooking. The recipes are easy, quick to prepare, and delicious. Not only will Lindsay’s low-fat vegan cooking help you stay slim and healthy; your taste buds will thank

you many times over."#151;Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine"Everyday Happy Herbivore is easy to use. We look forward to trying every one of the recipes. This is one rare cookbook where we do not have make major alterations in ingredients (like leaving out the oil). We recommend it to followers of the McDougall Program without hesitation."#151; John and Mary McDougall, founders of the McDougall Program and bestselling authors"Lindsay is a vegan rock star. Another epic cookbook destined for greatness!" –â •Mark Reinfeld, executive chef of Veganfusion.com and coauthor of The 30-Minute Vegan

Lindsay S. Nixon is the bestselling author of the Happy Herbivore cookbook series: The Happy Herbivore Cookbook, Everyday Happy Herbivore and Happy Herbivore Abroad. As of September 2012, Nixon has sold more than 100,000 cookbooks. Nixon has been featured on The Food Network and Dr. Oz, and she has spoken at Google. Her recipes have also been featured in The New York Times, Vegetarian Times magazine, Shape Magazine, Bust, Women's Health, WebMD, and countless other online publications. A rising star in the culinary world, Nixon is praised for her ability to use everyday ingredients to create healthy, low-fat recipes that taste just as delicious as they are nutritious. Learn more about Nixon and try some of her recipes on her award-winning blog happyherbivore.com.

Lindsay Nixon gets it. She gets what it's like to be a working person who doesn't want to spend an hour just to prepare what it will take another hour to cook. She gets that I don't work for "pocket change" and so she makes her recipes economical. She gets that we not only need inexpensive and quick, but nutritious, extremely low or non fat, and easy. She just gets it all. Her adventurous and kind spirit are shown throughout her books. From big names in the culinary and medical world to little names like mine, Lindsay has won the hearts and taste buds of all who she touches. Take a bite and you'll agree.

Love this beautiful book. I met Lindsay Nixon at a plant-strong conference and was immediately drawn to her. I asked her which one of her books would be good for quick easy meals and she recommended this one. The pictures & explanations are beautiful and helpful and the recipes are easy, fast and delicious.

One to have as a staple for your Library!!!! In fact just order 2 while you are at it. You will either use the copy yourself when yours gets worn out or loan out to a friend who is not great on returning

things. Hint: you will love this so much...take it to your local Office Supply store and have them spiral bind it for you...about \$6 at my local Office Depot...TOTALLY worth it!! It will lay flat in the kitchen while you are cooking!!!! And you will be LOVING these recipes!!! :)

I always ate at a local vegan restaurant but could never prepare healthy meatless meals at home. At least not edible ones. My husband and I would drop \$40 getting our family lunch or dinner at the local health food store. That was until I got this cook book. Now I only cook vegetarian and about 90% vegan. The kidney quinoa burgers, and quick fix black bean burgers are a fast fix that my 4 kids, (4yrs old and under) will even eat. This is a great book especially if you are learning how to cook low fat, vegan meals. Lindsay makes a plant based lifestyle simple with her books (I own 3), which as a busy mom is a necessity. I always recommend these books, have bought them for family members and share them with friends. The recipes are quick, easy to understand, & there are lots of pictures, which I love in a cook book.

This is my third cook book from this author. She does a good job but this one is great. This one is fast and easy. These recipes contain just enough ingredients, not so many that they are intimidating to try let alone read. These recipes are fast and have so far been reliably delicious. Also, I have been able to locate these ingredients in the grocery store. This is also very good. All these facts I believe make this book her best. I hope she writes more.

This woman knows her kitchen and what to use it for! I found more information in nearly every recipe that was new and exciting, and the flavors couldn't be beat. This book is a go-to resource on par with Angela Liddon and Isa Chandra Moskowitz, and she has joined the other two as the goddesses of vegan cooking!

When we started Dr. Caldwell Esselstyn's heart-healthy diet in October, I came to find appropriate cookbooks. The Happy Herbivore appeared to be a little different -- and very accessible. I selected it immediately. Since October I've made many of Lindsay's recipes -- and even served "tempeh joes" to omnivores, who loved them. Lindsay has a unique ability to take many of our relied upon "comfort foods" and tailor them for America's new way of eating -- vegan and oil free. Whether you love meatloaf, mashed potatoes, sloppy joes, mac and cheese, hash browns, onion rings, chicken tenders, burgers, or just a delicious bowl of soup, Lindsay will show you how to make them with ingredients available at many grocery stores, such as canned beans, fresh veggies, silken tofu,

non-dairy milk, and sage, onion powder, garlic, etc. You may have to go to a mega mart or health food store for tempeh and nutritional yeast, however. Luckily, soon after the Happy Herbivore arrived, I found Lindsay's blog and learned that she had a new book soon to be published, the Everyday Happy Herbivore. Needless to say, I put it on preorder and received it right after Thanksgiving. With obesity, heart disease, cancer, and diabetes, taking over our lives as a result of the extremely unhealthy American diet, many people are -- or soon will be -- adopting the vegan, no oil diet touted by Dr. Esselstyn, his son Rip Esselstyn (Engine2 Diet), Dr. Colin Campbell, and Dr. McDougall. Lindsay is at the forefront of making this new way of eating accessible to cooks of all abilities. We make something out of one of her books just about every day. Can't wait for the new one we hear is in the works. By the way, if you go to her Happy Herbivore blog you can ask questions -- and actually receive answers. Thanks, Lindsay.

This is my first purchase of a Vegetarian cookbook - and I have found that Lindsay's recipes are easy, quick, tasty, and the ingredients are easy to find. I found it very interesting that she wrote this cookbook while living on an island with limited supplies to groceries, thus forcing her to improvise and create. I don't like recipes that require so many "unique" ingredients that I only use 1 time - such a waste of money - particularly if you don't like the recipe after you have cooked it. I LOVE the bean burger recipe - and have tweaked it a bit for my own taste by adding mild green chile's to it - but all the same - love this cookbook!

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