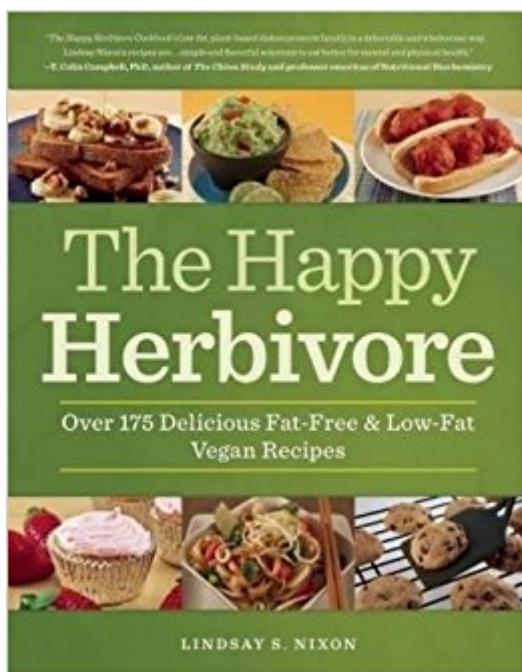


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# The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free And Low-Fat Vegan Recipes



## 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

"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." --A 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,Â PhysiciansÂ CommitteeÂ 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!"A -- Rip Esselstyn, author of *The Engine 2 Diet*

I created happyherbivore.com to prove that food can be just asA Â nutritiousA Â 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.

I am stunned that this book gets such high reviews. So, her philosophy is that fats such as avocados, olive oil, and nuts are bad, but textured soy protein, liquid smoke, gimme lean, and fake cheese should be used with reckless abandon? I've been a vegetarian my entire life, and have been buying vegetarian cookbooks since the 1970's - this is the most unhealthy cookbook I've ever used. I guess it would be ok for a person transitioning from Paula Deen-type cooking, or in place of a frozen Amys. Seriously, this is so far from a whole-foods approach, I don't even know what more to say.

I have been a "part-time vegetarian" for over ten years (and tried being a full-time vegetarian a few other times in the past), but it wasn't until I readA Â *Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure*A Â by Dr. Caldwell Esselstyn last August, that I found the inspiration to do something about the heart-disease that runs in my family. A

month later my cholesterol had dropped to 158, I had lost 10 pounds, and my energy level had improved considerably. Then we discovered Lindsay Nixon, the Happy Herbivore, and bought this amazing cookbook. We have had more fun in the kitchen over the past couple of months than ever before, and we have loved everything we've eaten. Sometimes we use these recipes exactly as written, and sometimes, such as in the case of her Chili Sans Carne, we simply use it as starting-off point. Our favorite recipes (to date) are Tofu Scramble, Herbed Home Fries, Cornbread, Cincinnati "Skyline" Chili, Torkey (Tofu Turkey) with Thanksgiving Gravy, Easy Macaroni and Cheese, Maple-Glazed Vegetables, Oatmeal Cookies, Pumpkin Pie with Graham Cracker Crust, Chili-Lime Corn Chips, Cheddar Cheesy Sauce, Mayo, and Vegan Worcestershire Sauce. I have also successfully used the Happy Herbivore's Fat Replacement suggestions to adapt three of my favorite recipes for the bread machine. (I'll be trying more of these in the future, now that I know I can continue using my bread machine.) We love this cookbook, and this new way of living, which the Happy Herbivore has helped make easier and even more fun... and delicious!

I am not a vegan and have no intention of becoming one, ever. But, I do try to incorporate vegan meals into my diet for the sake of my health and the environment. This cookbook is probably too basic for someone who's been a vegan for years, but for a beginner, it's ideal. There's even sections on how to prep and substitute, for readers who are new to cooking. The recipes are simple and comparable in flavor to a basic American diet. It includes pancakes, french toast pad thai, and burritos, prepared with commonly available ingredients. One thing I really like is that the recipes include information on how long they can be safely stored, or prepared ahead of time. Everything has nutritional information and many recipes offer variations. Many of the recipes are scaled for 2 servings, which is fantastic. It's much easier to scale recipes up, than down, when you don't have many people to feed.

I follow a lowfat, plant-based diet for health reasons (as advocated by Dr Caldwell B Esselstyn and Dr John McDougall). Eating this way, with no animal products and no oils, has meant I've lost weight, improved my blood pressure and cholesterol readings, and have more energy than I've ever had in my life. This is one of the first cookbooks I discovered after adopting this diet and it has made it easy for me to keep to my principles without feeling deprived. I use it at least 3 times a week. All the recipes I've tried have been either very good or excellent. Some of my favourites are the pancakes (so easy!), blueberry oatmeal muffins, spiced carrot muffins, banana bread, cornbread, scones (an ingenious lowfat recipe!), black bean burgers, mushroom burgers, Mediterranean "tuna"

salad, Buddha's delight stir-fry, cheater pad thai, Hawaiian chickpea teriyaki, broccoli casserole, rustic yam fries, chocolate chip cookies (especially the double-chocolate variation), oatmeal cookies, fudgy brownies, black bean brownies, chocolate cupcakes, fruity cereal bars and quick marinara sauce (my new go-to pasta sauce, so fast and cheap!). I would highly recommend this cookbook to anyone who wants to improve their health without having to give up eating delicious food.

I had been a vegetarian for over a decade. I flirted with veganism, but it seemed so expensive. When a vegan friend had posted about HH on facebook one day, I figured it was worth the money to check it out. A few days later I got my copy in the mail. I started right away with chickpea tacos, cheater pad thai, french toast (oh how I had been longing for a yummy egg-free version), and chana palak masala. That was all in the first 2 days. I was in love immediately. Everything was simple, easy, and much cheaper than everything else I'd been doing. I still didn't always keep to the plant based diet, but I was still primarily eating that way. What's better, is my husband and kids (4, 6 and 8 at the time) had nothing but good things to say. Almost every recipe was a fast favorite for all of us. It's been a year already. I have made almost every recipe in here more than once. One of the best purchases I've ever made!

If you are following the high carb low-fat vegan diet or a plant-based diet  This is a great recipe book to follow. Her follow-up book the every day happy herbivore is also another great book to follow. She uses non-expensive ingredients. She uses a lot of the same ingredients so it keeps your food bill down and your cabinets less cluttered . Highly recommend this book.

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

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