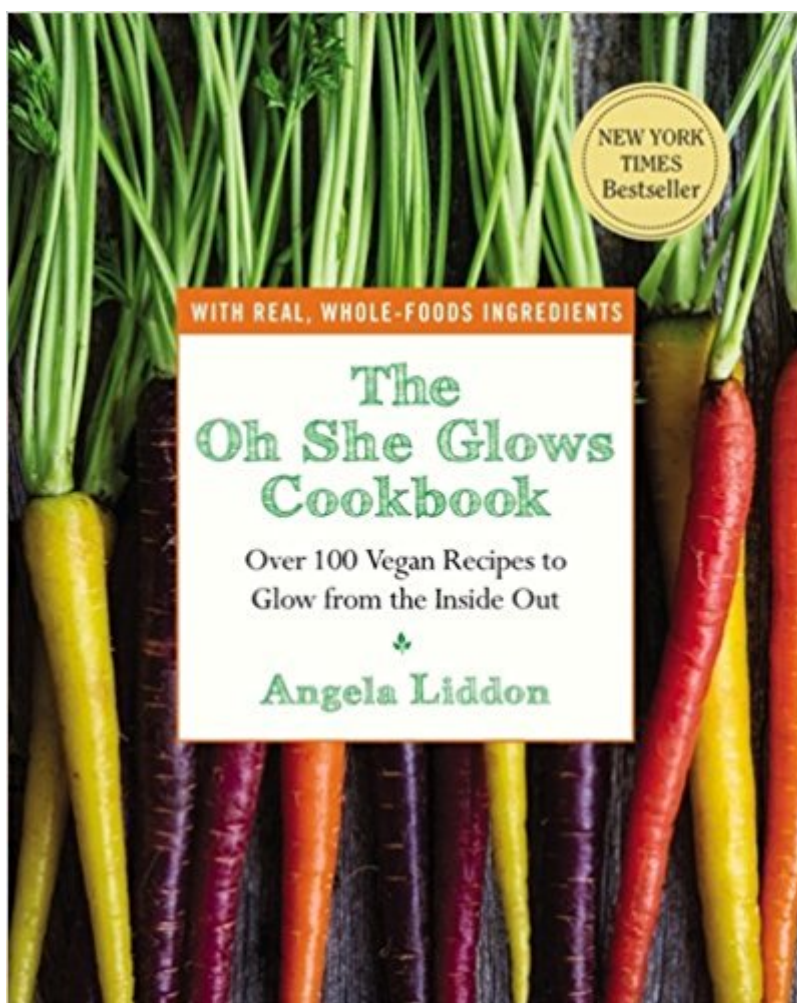


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# The Oh She Glows Cookbook: Over 100 Vegan Recipes To Glow From The Inside Out



## Synopsis

The New York Times bestseller from the founder of Oh She Glows! "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of *Isa Does It* "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, [ohsheglows.com](http://ohsheglows.com), which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The *Oh She Glows Cookbook* also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

## Book Information

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## Customer Reviews

“Angela Liddon knows that great cooks depend on fresh ingredients. You’ll crave each and every recipe in this awesome cookbook!” — Isa Chandra Moskowitz, author of *Isa Does It*

“Angela has taken her vegan cookbook and shown us how truly delicious, colorful and versatile the recipes can be. So many things I want to make! This is a book you’ll want on the shelf.” — Sara Forte, author of *The Sprouted Kitchen*

“The *Oh She Glows Cookbook* proves that vegan is not a four-letter word! Angela’s imaginative, mouth-watering, and totally approachable recipes will motivate everyone to cook healthy, vibrant foods for their whole family.” — Sarah Britton, creator of the blog *My New Roots*

“If you can choose only one cookbook this year - *Oh She Glows* is it! Angela’s approach to vegan recipes is fresh, vibrant, and simple... and her connection to her readers honest and real.” — Dreena Burton, author of *Let Them Eat Vegan!*

“The *Oh She Glows Cookbook* is nothing short of a revelation. A brilliant collection of accessible and vibrant vegan recipes” — it’s hard to decide which recipe to cook first.” — Kathryn Taylor, creator of the blog *Cookie + Kate*

“An amazing thing about Angela’s recipes is that you completely forget that they are vegan. The *Oh She Glows Cookbook* is filled with indulgent nacho dips, doughnuts and veggie loaves — food we never imagined a healthy, vegan version of. It’s an inspiring reminder that there are no limits to vegan cooking.” — David Frenkiel and Luise Vindahl, authors of *Vegetarian Everyday: Healthy Recipes from Our Green Kitchen* and creators of the blog *Green Kitchen Stories*

*Oh She Glows* is: “Best Vegan Blog” — *VegNews* “Best Overall Blog” — and “Best Veg Blog” — *Foodbuzz*

Angela Liddon is the founder, recipe developer, and writer behind *OhSheGlows.com* - an award-winning destination for healthy plant-based recipes, with millions of visitors each month. Her work has been featured in local and international publications such as *VegNews*, *O, The Oprah Magazine*, *Fitness*, *The Kitchn*, *Self*, *Shape*, *National Post*, *The Guardian*, *Glamour*, and *Best Health*, among others. She has also won several awards, including *VegNews* Best Vegan Blog for three consecutive years, *Chatelaine*’s Woman of the Year Hot 20 Under 30 award, and *FoodBuzz*’s Best Veg Blog and Best Overall Blog. Her first cookbook, *The Oh She Glows Cookbook*, is an international bestseller. It was selected as *Indigo*’s Book of the Year for 2014 and appeared on the *New York Times* bestseller list. Her eagerly-awaited follow-up cookbook, *Oh She Glows Every Day*, will be published in September 2016. Liddon and her

husband, Eric, and daughter, Adriana, live in Oakville, Ontario, Canada, with their cat, Sketchie.

I am not vegan. I point this out because despite not being able to come up with a single thing about myself that places me in Angela Liddon's target market, this is still a contender for my most favorite cookbook in the whole world...and I've barely scratched the surface. I first encountered Liddon courtesy of Google; I was hunting for a lentil loaf recipe and Liddon's blog popped up. I distinctly remember almost passing the ohsheglows result by entirely because of the blog's name, which - probably in no small part because I'm neither a she nor the least bit glowy - sounded a little too twee for me. I made that recipe, and truly loved it - loved it enough that it joined the ranks of my all-time favorites - but it wasn't until I read a review for this very cookbook, accompanied by a different recipe (Thai peanut noodle bowl) that sounded fairly delicious, that I started to consider buying a cookbook new when then only cookbooks I buy ever are used and cheap. (They're hard to justify when the internet is right there, you know?) I'm really, really glad I bought it. I consider a cookbook a win when I find maybe five recipes worth making more than once. This statement may be a tad premature, but I'm pretty good at judging how well I'll like a recipe, and I have a strong suspicion that this one is going to have a (much) higher success rate. One thing I've always disliked about buying cookbooks online is how difficult it is to guess what you're going to end up with. You buy a perfectly normal-sounding vegetarian cookbook and end up with 60 recipes using shiitake mushrooms or three chapters of boring salads that are only slightly different from the salads you came up with on your own years ago. So in light of that, here is a breakdown of the recipes. Breakfast - 10 recipes - including several that sound like they'd be pretty swell at any time of day. Smoothies, Juice, and Tea - 11 recipes - probably the biggest disappointment for me in the book; I'm not big on smoothies, juice, or tea...and when I want something like that, I don't need a recipe to make it. Appetizers - 8 recipes - including a nacho dip that sounds bizarre to this non-vegan. Not bad, necessarily, but...there's no cheese! That one's weirdness is offset by a strawberry-mango guacamole that may have possibly made me drool a bit. Salads - 8 recipes - I'm good with the smaller number of salads included here; I've got salad recipes coming out the wazoo, and never mind that I'm usually pretty good at coming up with a salad all on my own. Some of them are pretty unique, though, and the "Long Weekend Grilled Salad" sounds outstanding. Soup - 7 recipes - A couple of these sound a bit weird, but there are two for sure that I want to make as soon as I get to the grocery store again. Entrees - 15 recipes (or 16, depending on your reckoning...the noodle bowl has two different dressings) - I've already been impressed by the two I've made, and several of the others sound really original and satisfyingly hearty. Sides - 9 recipes - some of these

feel a bit like cheating (baked fries needed a recipe?), and I admit, nothing here really spoke to me, but we'll see. Power Snacks - 9 recipes - two roasted chickpea recipes is probably pushing it, but I possibly would have bought this book just for the peanut butter cookie dough bites. The chia pudding parfait is getting made forthwith, BTW. Desserts - 11 recipes - some of these seem like an awful lot of work when I'm perfectly satisfied by boxed brownies, but every last one sounds delicious. Homemade Staples - 27 recipes - this chapter almost made me knock the book down to four stars - it's totally cheating to call things like oat flour and roasted garlic "recipes," and by my count there's only 88 recipes before this chapter, not "over 100" - but I think the others made up for it. You're no doubt getting as sick of reading this as I am of typing it, so just a few other random comments about the book: First, the photography is breathtaking. There are lots of pictures (possibly one for each recipe, I didn't keep track), and every last one is colorful and artful and makes the food look delicious. Second, there seems to be a minimum of weird ingredients. It's clear Liddon has a fondness for chia seeds (never tried them, but now I'm curious), but the fact that I can make a good number of these things without making a trip to a specialty store gets points from me. Third, the recipes I've made - and, from the way it looks, most of the ones I haven't - have a terrific balance of flavors. This stuff may be simple, some of it, but definitely not bland! Fourth, while there aren't any nutrition facts provided - a disappointment, since figuring it myself is so putzy - each recipe has notes in the header with things like "gluten free" and "nut free." And finally, each of these recipes is obviously easily adaptable. I already tweaked the lentil loaf recipe to one that's a bit less of a pain to make (but retaining the deliciousness), and since I'm not vegan, it's pretty clear how I can incorporate real dairy or whatever. (Sorry, but I shall never ever give up cheese. I would rather die. And I'm only being a little facetious.) At the same time, these recipes all look straightforward enough and flavorful enough that I may very well try some of them exactly as written. Now that you've grown old reading this, I'll just summarize by saying that although I haven't made all the recipes in this book, the ones I've made all deserve five stars...and I'm looking forward to trying most of the rest of them. This book has inspired me to cook in a way that I haven't been inspired in a really long time. TL;DR: Buy this. For real.

I was very excited to receive this cookbook. For months I've been making my vegan recipes from blogs and was ready to have my very first vegan cookbook. After browsing it and rereading it many times and after trying quite a few recipes in the book, I'd have to say that I'm a bit disappointed. I definitely don't hate it and I haven't had any total disasters, but overall I just haven't found it inspiring or any of the recipes particularly phenomenal. That said, I really liked the soup section, my whole

family enjoyed the homemade chocolate date balls, the oil-free chocolate zucchini muffins were delicious and I'm hoping to make many more of her recipes in the future. However, the apple crumble was okay but I wouldn't serve it to guests; the orange-miso dressing for the soba noodle bowls was gross (and I'm a huge fan of miso); the tofu scramble was not particularly great and I think I'll stick to my own recipe for that one. As for the healthiness of the book, I would consider most of the recipes pretty indulgent. Almost every recipe has oil and added sugar. I wish there were more salad recipes and fewer cashew-based creamy dishes. I also wish some sections were more varied. For example, the breakfast section has multiple different oatmeal recipes (all of which I've created my own variations of on my own in the past) but no simple/healthy pancake or waffle recipes. The dessert section has two chocolate tart recipes but not enough fruit tarts (or fruit-based recipes for that matter). The savory sections have a gross-looking nacho dip, tex-mex casserole and "fiesta bites" (all of which are heavy on the oil and processed ingredients) but few simple vegetable-rich dishes. Overall, I am not unhappy that I bought the book, but I expected more from it. I love her blog and I've gained so many fantastic recipes from her blog. I'm sorry to write such a critical review, but I hope it can help others who are considering what they want from a vegan cookbook.

This book is amazing! I've only done 5 recipes so far and even my non-vegan friends are like WOW! This girl knows how to cook! This was an invaluable purchase! This book has EVERYTHING you can imagine : from simple 5 minutes recipes for a delicious overnight cold oatmeal (my favorite to prepare at night for a healthy awakening) to incredibly complex and delicious recipes that make take a couple of hours to make, but OH MY Do I glow when I eat them? This books makes me even happier I became vegan and it is a MUST for the beginning vegan that is unsure about taste and that especially wants to stay away from the overly processed vegan alternatives on the market. Do you want to make your own vegan almond butter? Check! How about some tasty but healthy tacos? Check! What if you feel like some thai food? Check! Make your own delicious vegan sour cream? Check! I really could go on and on...so far the recipes are nothing short of incredible! You will enjoy this book, I promise!

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