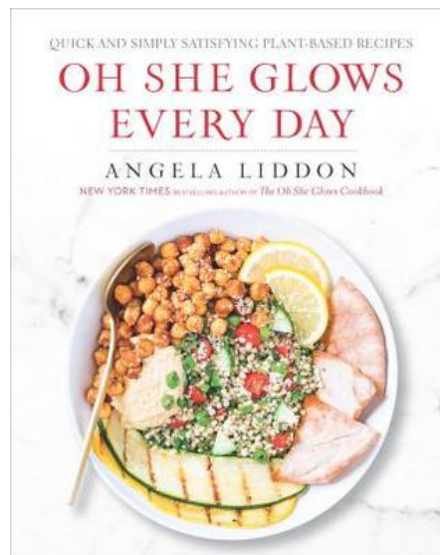




Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes

Angela Liddon

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Angela Liddon's eagerly awaited follow-up to the *New York Times* bestseller *The Oh She Glows Cookbook*, featuring more than one hundred quick-and-easy whole-foods, plant-based recipes to keep you glowing every day of the year.

Angela Liddon's irresistible and foolproof recipes have become the gold standard for plant-based cooking. Her phenomenally popular blog and *New York Times*–bestselling debut, *The Oh She Glows Cookbook*, have amassed millions of fans eager for her latest collection of creative and accessible recipes. Now, in this highly anticipated follow-up cookbook, Liddon shares wildly delicious recipes that are perfect for busy lifestyles, promising to make plant-based eating convenient every day of the week—including holidays and special occasions! Filled with more than one hundred family-friendly recipes everyone will love, like Oh Em Gee Veggie Burgers, Fusilli Lentil-Mushroom Bolognese, and Ultimate Flourless Brownies, *Oh She Glows Every Day* also includes useful information on essential pantry ingredients and tips on making recipes kid-, allergy-, and freezer-friendly. A beautiful go-to cookbook from one of the Internet's most beloved cooking stars, *Oh She Glows Every Day* proves that it's possible to cook simple, nourishing, and tasty meals—even on a busy schedule.

Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes Details

Date : Published September 6th 2016 by Avery

ISBN : 9781583335741

Author : Angela Liddon

Format : Paperback 336 pages

Genre : Food and Drink, Cookbooks, Nonfiction, Cooking, Vegan, Food, Health

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From Reader Review Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes for online ebook

Kristi says

Borrowed this from the library and I think I'm going to have to invest in my own copy! Love the simplicity of the recipes!

Kiran says

Necessity for any vegan, vegetarian, or health conscious home chef

Wonderful book featuring not only staples, but new and exciting additions to any vegan cooking arsenal. Highly recommended. Well laid out and easy to navigate as well. Pantry section means you can stock up on less common ingredients before they appear in a recipe, which is always helpful.

Tara - Running 'n' Reading says

I don't own Liddon's first cookbook, but I've checked it out from the library several times and have prepared several of the recipes; I enjoyed it enough to pre-order a copy of this one, and I was delighted to receive it about ten days ago. Dare I say that I like this one even more than the original? I've already made three recipes from this one and they were all hits; my husband is most definitely a carnivore, yet he made none of his usual comments about a dish being great "if only there were some meat in here." We are certainly not moving to a completely vegan diet, but we are trying to add more plant-based meals to our week and her recipes are both easily accessible and delicious. Highly recommend!

PorshaJo says

I was pleasantly surprised by this one. So many recipes, that don't seem too involved. A nice variety from smoothies, apps, soups, salads, entrees, and yes...dessert! Tons of great, mouth-watering photos of the food. I liked this follow-up much more than her first book. My only gripe (something that I'm seeing more of) is tons of photos of the author. Just focus on the food photos. Overall, a book I see myself using over and over again.

Taylor Duckworth says

I love her first Cookbook, but felt like some of the recipes were a time consuming. So, when she came out with this book, I was ecstatic. The recipes are quick and easy, as well as, delicious! I highly recommend this book to vegetarians, vegans, and people who just want to try out some delicious plant-based recipes.

Leah says

Second cookbook I've purchased by this author. I've had a hard time getting the kids on board with my eating preferences. This cookbook is perfect for me. I have a big family and work full time. I can make simple meals for myself, the ingredients are simple. One of my favourite authors.

Kim says

Compared to other reviewers, I feel like I missed whatever they found special about this book. Yes, the photography is quite nice, but I'm not seeing anything unique or new in this book that hasn't been covered ad nauseum elsewhere. In particular, I found the limited content for entrees to be quite disappointing, and the inclusion of not one but two (TWO!) chapters on desserts to be very unnecessary especially when paired with an entire chapter on smoothies, which is the least necessary content imaginable. I imagine if you enjoy the author's writing style or perhaps are not already a vegetarian, you might enjoy this book more than I did. However, this one was definitely (clearly) not for me.

Michelle says

This was not nearly as good as her 1st cookbook (which I loved). A lot of the recipes in this book were non-recipes to me. Who needs a recipe for avocado toast or yet another variation of her overnight oats recipes? Huge disappointment.

Audrey says

great fresh recipes... a little involved but also appreciate all of the notes for best results and variations. the magic ice cream smoothie bowl is SO delicious

Elizabeth A says

Over the past decade or so I've been adding more plant-based meals to my diet, and I've dipped in and out of this cookbook several times. I also follow the authors' blog, which has a wonderful variety of meals to try. While I certainly have not tried all the recipes in this book, I can unequivocally say that the author is responsible for the large amounts of kale I consume every week. If you have yet to try The Best Shredded Kale Salad (page 117) and Protein Power Rainbow Quinoa Salad (page 99), start there. Delish.

Emily Joyce says

I liked this more than the first book, though I wish vegan cookbooks would provide more hot breakfast recipes. No more smoothies, juices, and oats that "taste just like a cookie".

Lisa says

Amazing! I also own her first cookbook and both are great! Highly recommend these books I've you don't love to spend hours in the kitchen and want to eat vegan/more plant based.

Kris says

Having been a big fan of Angela Liddon's original cookbook I was delighted to get my hands on her new one as well. It is also filled with wonderful plant-based recipes that will pack plenty of nutrients into your menus and taste fabulous to boot. My favorites main dishes so far are Sweet Potato Chickpea Spinach Curry, Comforting Red Lentil Curry, Soba Noodle Salad and Sun-dried Tomato Pasta. Other favorites have been the Everyday Glow Salad with Lemon Tahini Dressing, Roasted Garlic and Sun-dried Tomato Hummus, and Hazelnut Almond Butter. There are also tons of yummy and healthy treats including the Chocolate Espresso Bean Cookies which are divine and the Nut-Free Dream Bars. Liddon is my favorite guru-chef, don't miss out!

Amanda says

So many of these soup, salad, smoothie bowl and dessert recipes look soooo yummy. But I still hate cooking and can't bring myself to try any of them. Especially since I only have a hot plate and toaster oven. But, if you want some healthy food that actually tastes good, you actually have a kitchen, AND you actually like to cook, I would definitely recommend this book to you!

Caroline says

It's nice to find a vegan cookbook that isn't about diet culture or is all about sweets and vegan cheese (though this book does use vegan cheese and there are a good number of sweets). The recipes seem solid at first glance but every recipe I made, I had to change it somewhat to make it actually work or taste like anything (this usually meant adding more than a 1/8 tsp of salt). But the recipes are simple, easy to make, and it all comes together rather quickly. So if you're looking for a weeknight cookbook and you're not a novice in the kitchen when it comes to changing recipes to fit your tastes, then it is worth checking out.
