



The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out

By Angela Liddon

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The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out By Angela Liddon

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, 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!

From the Trade Paperback edition.

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Editorial Review

Users Review

From reader reviews:

Bertram Staten:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the e-book untitled The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out can be excellent book to read. May be it can be best activity to you.

James Chavez:

This The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out is great publication for you because the content which is full of information for you who else always deal with world and get to make decision every minute. This particular book reveal it details accurately using great arrange word or we can claim no rambling sentences inside. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out in your hand like keeping the world in your arm, information in it is not ridiculous just one. We can say that no book that offer you world with ten or fifteen second right but this e-book already do that. So , this is good reading book. Hello Mr. and Mrs. stressful do you still doubt in which?

Bruce Williamson:

Is it an individual who having spare time and then spend it whole day by means of watching television programs or just lying on the bed? Do you need something new? This The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out can be the answer, oh how comes? The new book you know. You are so out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

Christine Smith:

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