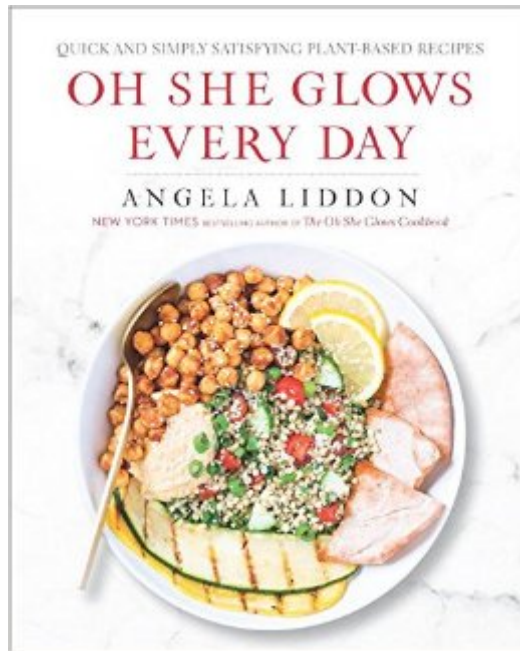


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# Oh She Glows Every Day: Quick And Simply Satisfying Plant-based Recipes



## Synopsis

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.

## Book Information

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## Customer Reviews

The first *Oh She Glows* (OSG) cookbook is one of my absolute favorite cookbooks, and Angela Liddon's blog and then her book helped me make the transition to a vegan diet about three-and-a-half years ago with ease. I pre-ordered this follow-up by Angela Liddon back in March,

and am so happy that it's finally out. It's full of healthy, delicious recipes that are easy to make. One of the things I love about the OSG recipes is that they are delicious and use whole-foods ingredients, with no artificial products. My husband isn't vegan, but he always love it when I make something from OSG. This new cookbook features all-new recipes, and is divided into the following chapters: \* Smoothies and Smoothie Bowls \* Breakfast \* Snacks \* Salads \* Sides and Soups \* Entrees \* Cookies and Bars \* Desserts \* Homemade Staples The last chapter (Homemade Staples) is especially handy in that Liddon has recipes for things like vegan mayo, cashew sour cream, vegan parmesan, and other fridge and pantry staples that are useful to have on hand. Each recipe also features the prep time and serving sizes. While the entrees obviously take longer to make, many of the recipes come together really quickly. When I got home from work tonight, I made both the Cookie Dough Balls and some Coconut Chia Seed Pudding, and both were delicious. If you're new to some of the ingredients used (for instance, things like chia seeds and nutritional yeast may be new to some folks), Liddon does a great job in the last recipe chapter of explaining the why's and how's of why some of these ingredients are staples for her and how to use them in your own cooking.

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