



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

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, 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!

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Editorial Review

Review

“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.”

—Kathryne 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

About the Author

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.

Users Review

From reader reviews:

David Pell:

The e-book with title *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out* possesses a lot of information that you can study it. You can get a lot of benefit after read this book. This kind of book exist new know-how the information that exist in this reserve represented the condition of the world right now. That is important to you to understand how the improvement of the world. This particular book will bring you within new era of the syndication. You can read the e-book on the smart phone, so you can read this anywhere you want.

Joel Faulkner:

Playing with family in a park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out*, it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its known as reading friends.

Leif Gibbs:

In this time globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended for your requirements is *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out* this book consist a lot of the information in the condition of this world now. This kind of book was represented so why is the world has grown up. The language styles that writer require to explain it is easy to understand. Typically the writer made some investigation when he makes this book. That's why this book acceptable all of you.

John Minnis:

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