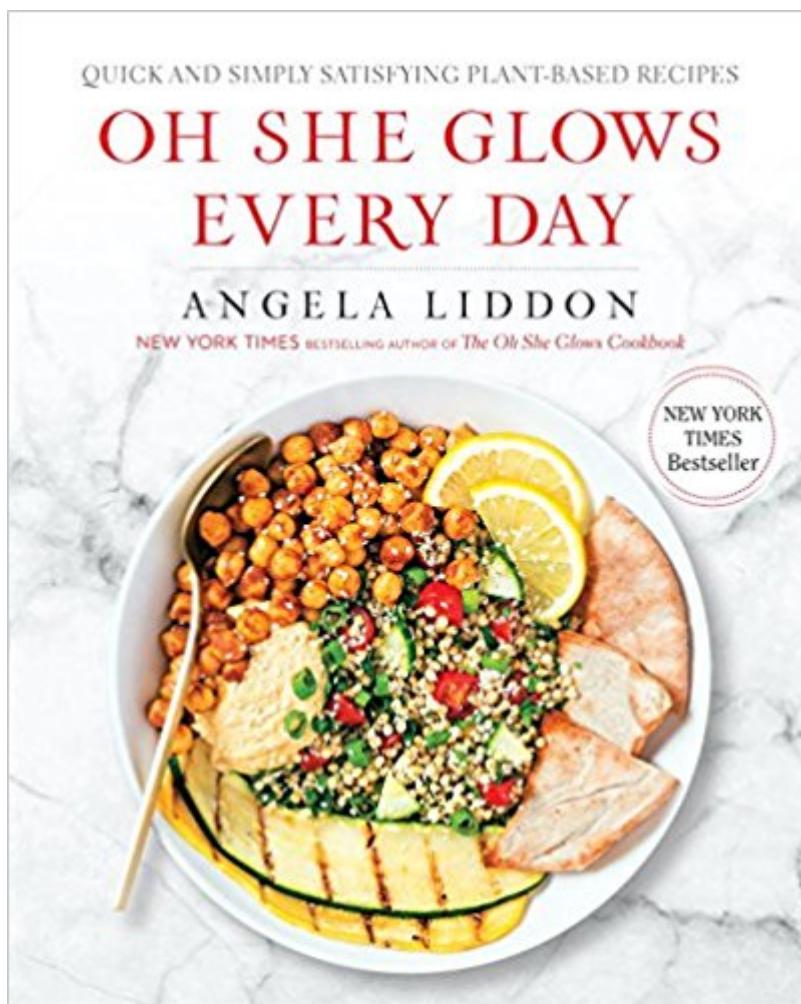


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Oh She Glows Every Day: Quick And Simply Satisfying Plant-based Recipes



Synopsis

An instant New York Times bestseller! 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* bestseller, *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

Praise for *Oh She Glows Every Day* "This is such a complement to Angela's first cookbook—more healthy and usable recipes that will become part of your everyday

cooking. With salads for any occasion, great snacks for adults and kids, and weekly staples like hazelnut milk and veggie burgers, I'm excited to have many of these recipes on hand.

• Sara Forte, author of *The Sprouted Kitchen* and *The Sprouted Kitchen: Bowl + Spoon*

“With just a handful of ingredients, Angela creates fabulous quick and easy recipes that are bursting with flavor, and loaded with nutrients. With this book, healthy fast food is not only a reality, but a spectacular one!”

• Tess Masters, author of *The Blender Girl* and *The Blender Girl Smoothies*

“There she glows again! Angela's second book is divinely inspired and endlessly inspiring—she is a fountain of brilliant recipe ideas that will surely motivate both rookie cooks and seasoned chefs alike. These new dishes strike the perfect balance between healthy and delicious, luring us into a world where good food is always good for us, even if it doesn't taste that way! I especially love the pantry section of this book with its beautiful photographs and clear tips for organizing a plant-based, whole foods kitchen. I cannot wait to get cooking, Angela. Thank you for sharing your passion and genius with us all!”

• Sarah Britton, author of *My New Roots*

“This book gives me serious cravings! Angela makes everyday comfort and nourishment completely exciting with these thoughtful recipes. Her take on plant-based cooking here is encouraging, accessible, and appropriate for so many of life's moments. Angela's instructions and firsthand anecdotes read like a friend showing you the way, and the gorgeous photos seal the deal. *Oh She Glows Every Day* could make a vegan out of anybody.”

• Laura Wright, creator of the *Saveur* award-winning blog *The First Mess*

“Angela's recipes are simply stunning, foolproof, and most importantly, delicious. Between the energizing breakfasts, meal-sized salads, and her holiday-worthy entrées, her recipes continually make an appearance in my kitchen. And, her desserts are show-stoppers!”

• Jeanine Donofrio, author of *The Love and Lemons Cookbook*

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. Liddon and her husband, Eric, and daughter, Adriana, live in Oakville, Ontario, Canada, with their cat, Sketchie. Liddon's blog can be found online at www.ohsheglows.com.

Let me preface by saying I am a huge fan of Angela's, I have followed her blog for years and her recipes are always in my rotation. That being said, I could not wait until her new cookbook came out. After doing an initial flip through, I was stunned to realize I had no desire to cook anything in there! As other customers have mentioned, many of the recipes are already on her blog or can be found in her old cookbook. Even the ones that were new seemed uninventive and recycled. While there were an abundance of desserts recipes, I was extremely disappointed at the lack of entrees and savory dishes. If you already own her first cookbook and are familiar with her blog, there is no need to buy this new cookbook, this was a very disappointing follow up.

I have her first cookbook and regularly cook some of the excellent recipes from it. I just received this cookbook - have not used it yet. However, in browsing through it do not find many recipes that I would actually make. I do not eat sugar so am not interested in the dessert section. I primarily purchase a cookbook for entrees, and this cookbook has a very small section of entrees. I am hoping to find a few that I like so that the purchase of this cookbook is worth it.

I am sad and very disappointed in this book. I am a huge fan of her first cookbook, it might be my favorite go to recipe book of all time! This new book seems uninspired and mostly consists of desserts, I don't have a sweet tooth and was hoping for meal recipes I could use. The book was advertised as fast and easy healthy meal recipes, not as a dessert book. Not well put together with very little actual meal recipes. Don't waste your money on this one. I hope she comes out with a new book to redeem this one.

Fantastic cookbook. Every recipe is incredibly flavorful, and packs a WOW punch. I have never had a cookbook that beats this. Full of wonderful tips. I tried many vegan cookbooks from the library before I made this purchase. All of the other books required so many ingredients I didn't have, and were so complicated, that I knew I wouldn't use many of the recipes. I have tried a good half of all the recipes, in every category (Salads, entrees, dessert, smoothies, ect) and I haven't had a mediocre one. The soups are outrageously great and worth the purchase of this book alone. I have both cookbooks by this author and use each one. I would make any of these recipes for company,

and that's huge! This is fun to use, a great guide if you are cooking for someone vegan for the first time or learning to cook vegan as I was. It is a beautiful book, every recipe with a color photo of the entree. Can't go wrong with this!

I have the first and second Oh She Glows cookbooks. The first is one of my favorites. Sadly, I didn't care for the second one. The recipes just didn't appeal to me the way the first cookbook did. I've tried a few and again, they are ok but nothing to write home about. Just not the same caliber as the first, in my opinion.

I have been a fan of Angela's for years since before her first cookbook, and when I found out she was coming out with a new one, I was (I kid you not) counting down the days until it was released. And let me tell you, once I received it, it did not disappoint! The recipes are out of this world delicious! Some of my favorites, and ones NOT to be missed, are her Thai Crunch Salad, Curried Chickpea Salad, 6 Vegetable and "Cheese" Soup, Sweet Potato Chickpea & Spinach Coconut Curry, Shepherd's Pie, Chili Cheese Nachos, High Rise Pumpkin Cupcakes with Spiced Buttercream Frosting, and Mango-Coconut-Lime & Raspberry-Banana Sorbet, and the list goes on. Everything I have tried has been wonderful, and the flavors are on point in every single recipe. It's so nice to have a vegan cookbook that relies on whole foods and well-curated recipes rather than thrown together processed ones. Now a couple things I'm not in love with: While the photography is beyond gorgeous, they are nowhere near as warm and inviting as the ones in Angela's first cookbook which she took herself. As another reviewer pointed out, they are white-on-white: white background with white dishes. It has a very minimalist feel to it which is completely fine if that is what the author is going for. I just miss Angela's photography; it had a very homey, welcoming aspect to it. That is no reason to take a star off- it's simply personal preference. Another thing I didn't care for is that some of the recipes in her first cookbook are (somewhat) recycled and included in this one: avocado toast, basic hummus, Caesar salad, kale salad, tomato sauce, roasted Brussels sprouts, pan-seared/cast-iron tofu, cauliflower mashed potatoes, etc. For me this isn't a huge deal. I would have just liked some newer recipes. Some reviewers have also pointed out that some of the recipes in this cookbook are ones straight from her blog, and some are. Again, this isn't a problem for me; I am SO glad they are in print as I make them frequently (e.g.- 6 Veg Soup, Caesar Salad, Thumbprint Cookies, Banana Muffin Tops), and I don't have to track them down on her blog- I can just pull out this cookbook. Overall, the minor gripes I have with this book does not take away from it being 5-stars! I bought this for the recipes, not the photography or

anything else, and I am over the moon with my purchase!

I love this book. I find it very easy to swap ingredients to suit my needs, nut/soy free. I see a lot of reviews addressing the blog similarities. I have made two of her recipes from the blog staples in my house for years and they are included in the book. I really do not mind if there are others from her blog because with a price so low, I prefer to have them on a neatly placed book with colorful, glossy pictures instead of printouts or risking my iPad while cooking in my tiny kitchen. Also, books don't run out of battery while cooking in bulk for two hours!! I have had it for four days and have made six different recipes already because the ingredients are so easily obtainable or I already have them in my pantry. I highly suggest this book. Every recipe has a picture, easily adjustable, accessible ingredients, easy to follow. A+++ overall

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