


# 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*

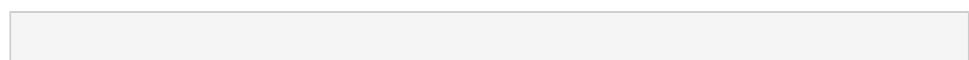
"So many things I want to make! This is a book you'll want on the shelf."

—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](http://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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## **The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out** By Angela Liddon Bibliography

- Sales Rank: #682 in Books
- Brand: Avery Publishing Group
- Published on: 2014-03-04
- Released on: 2014-03-04
- Original language: English
- Number of items: 1
- Dimensions: 9.97" h x .82" w x 8.00" l, 2.30 pounds
- Binding: Paperback
- 336 pages

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### Editorial Review

#### Review

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—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:**

#### **Alberto Benson:**

The book *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out* make you feel enjoy for your spare time. You can utilize to make your capable much more increase. Book can to be your best friend when you getting tension or having big problem together with your subject. If you can make looking at a book *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out* being your habit, you can get much more advantages, like add your personal capable, increase your knowledge about many or all subjects. It is possible to know everything if you like open and read a publication *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out*. Kinds of book are several. It means that, science reserve or encyclopedia or other people. So , how do you think about this reserve?

#### **Nick Peoples:**

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#### **Donald Spada:**

In this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become among it? It is just simple solution to have that. What you should do is just spending your time little but quite enough to enjoy a look at some books. One of the books in the top list in your reading list is usually *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out*. This book which can be qualified as *The Hungry Mountains* can get you closer in getting precious person. By looking right up and review this book you can get many advantages.

#### **Keith Kemp:**

What is your hobby? Have you heard that will question when you got scholars? We believe that that query was given by teacher to the students. Many kinds of hobby, Every person has different hobby. So you know that little person such as reading or as reading become their hobby. You must know that reading is very important and book as to be the point. Book is important thing to add you knowledge, except your teacher or lecturer. You discover good news or update regarding something by book. Different categories of books that can you choose to use be your object. One of them is *The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out*.

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