

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



Filesize: 4.91 MB

Reviews

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.
(Dr. Meta Smith)

THE OH SHE GLOWS COOKBOOK: OVER 100 VEGAN RECIPES TO GLOW FROM THE INSIDE OUT



Avery Trade. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 10.1in. x 8.1in. x 0.8in. The long-awaited debut cookbook from one of the most popular vegan food bloggers on the web. After a decade of struggling with an eating disorder and subsisting on diet, low-calorie processed foods, Angela Liddon vowed to get healthy once and for all. Done with feeling sick and tired, she threw out her fat-free butter spray and low-calorie frozen dinners. Instead, Angela embraced whole foods that made her glow from the inside out. But first, she had to learn to cook and eat right. Five years ago, Angela started a blog, ohsheglows.com, to spread the word about her journey to health and the powerful transformation that food can make in our lives. Almost overnight, her energy and authenticity attracted readers eager to create their own positive life changes. Today, Oh She Glows attracts millions of visitors every month, making it one of the most popular vegan recipe blogs on the Internet. The Oh She Glows Cookbook is packed with more than 100 delicious recipes such as go-to breakfasts, protein-packed snacks, hearty entrees, and decadent desserts. From entrees like the Crowd-Pleasing Tex Mex Casserole and Empowered Noodle Bowl to sweet treats like the Chilled Chocolate Espresso Torte with Hazelnut Crust and Angela's famous Glo Bakery Glo Bars, there is something for everyone. The Oh She Glows Cookbook is also allergy-friendly, with many gluten-free and soy-free options. Whether you are a vegan or you simply want to incorporate a few vegan meals into your week, Angela's recipes are a must-have for anyone who longs to eat well, feel great, and simply glow! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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