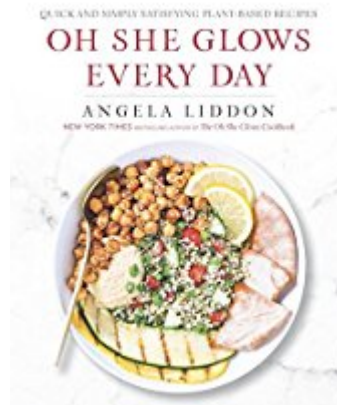


Reading Ebook Oh She Glows Every Day: Quick and Simply Satisfying Plant-Based Recipes By Angela Liddon



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Shortlisted for Gourmand World Cookbook Awards 2017 - Best Blogger Book #1 NATIONAL BESTSELLER Angela Liddon's eagerly awaited follow-up to the international bestseller The Oh She Glows Cookbook is packed with amazingly simple and delicious plant-based recipes that will keep you glowing from the inside out every day. Angela Liddon's irresistible and foolproof recipes have become the gold standard for plant-based cooking. Her phenomenally popular blog and international 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 new cookbook, Angela 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 100 family-friendly recipes everyone will love, like Oh Em Gee Veggie Burgers, Fusilli Lentil-Mushroom Bolognese, Apple Pie Overnight Oats, Mocha Empower Glo Bars, and the Ultimate Flourless Brownies, Oh She Glows Every Day also includes easy-to-make homemade staples; useful information on essential pantry ingredients; tips on making recipes kid-, allergy-, and freezer-friendly; and so much more. A beautiful go-to cookbook from one of the most beloved cooking stars and food bloggers, Oh She Glows Every Day proves that it's possible to cook simple, nourishing, and tasty plant-based meals—even on a busy schedule.

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Review One of Amazon.ca's bestselling books of 2016 On Toronto Star's list of Canada's Bestselling Books of 2016 (Cooking) "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 Sprouted Kitchen and Sprouted Kitchen: Bowl + Spoon "With just a handful of ingredients, Angela creates fabulous quick 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 About the Author ANGELA LIDDON is the founder, recipe developer, photographer, and writer behind ohsheglows.com—an award-winning destination for energizing 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, The Telegraph, Barre3, T.O.F.U., and Best Health. She has also won several awards, including VegNews's Best Vegan Blog 2012, 2014, and 2015; Chatelaine's Hot 20 under 30 award; and Foodbuzz's Best Veg Blog and Best Overall Blog. Her first cookbook, The Oh She Glows Cookbook, was an international bestseller. It was selected as Indigo's Book of the Year for 2014 and VegNews's Favorite Cookbook of 2014, and appeared on the New York Times bestseller list. Angela and her family live in Ontario, Canada. Excerpt. © Reprinted by permission. All rights reserved. Roasted Garlic Basil Pesto Potatoes with Arugula VEGAN, GLUTEN-FREE, NUT-FREE, SOY-FREE, GRAIN-FREE, KID-FRIENDLY SERVES 4 PREP TIME: 15 MINUTES COOK TIME: 40 MINUTES This is one of those amazing side dishes that disappears incredibly fast! It's a fancy, restaurant-worthy recipe that is sure to impress special guests. (If you are serving a large crowd, I recommend doubling the recipe since it only serves four as a side.) If you've been skeptical about arugula in the past, I encourage you to give this recipe a try; the spicy, peppery-tasting green pairs beautifully with a bold and bright pesto. If you can't find baby arugula, be sure to chop regular arugula into bite-size pieces so it's easier to eat. Hemp hearts add a kick of protein and omega-3 fatty acids for a nutritional boost. This dish is amazing served warm, but the chilled leftovers taste great as well. Ingredients: FOR THE POTATOES 2 pounds (900 g) Yukon Gold or red potatoes, unpeeled, chopped into 1-inch (2.5 cm) cubes (about 6 cups/ 1.5 L) 1 tablespoon plus 1 1/2 teaspoons (22 mL) extra-virgin olive oil Fine sea salt and freshly ground black pepper FOR THE ROASTED GARLIC 1 large garlic head 1/2 teaspoon (2 mL) extra-virgin olive oil FOR THE PESTO 1 cup (250 mL/3/4 ounce/20 g) lightly packed fresh basil leaves 3 to 4 tablespoons (45 to 60 mL) hemp hearts 1/4 cup (60 mL) extra-virgin olive oil 2 tablespoons (30 mL) fresh lemon

juice, or to taste 1/4 teaspoon (1 mL) fine sea salt Freshly ground black pepper FOR THE SALAD 3 cups (750 mL) baby arugula, chopped Fresh lemon juice, for serving(optional) 1 tablespoon (15 mL) hemp hearts, for garnish Directions: 1. Preheat the oven to 400°F (200°C). Line an extra-large baking sheet (15 by 21 inches/38 by 53 cm) with parchment paper. 2. Make the potatoes Place the potatoes on the baking sheet and toss with the olive oil until thoroughly coated. Spread the potatoes into an even layer. Season with a couple of pinches of salt and pepper. 3. Make the roasted garlic Slice the top off the garlic bulb so all the individual garlic cloves are trimmed. Place garlic bulb on a square of aluminum foil (about 8 inches/20 cm square) and drizzle the top of the cloves with the olive oil. Wrap the garlic bulb entirely in the foil and place it on the baking sheet with the potatoes. 4. Roast the potatoes and garlic for 20 minutes, then remove pan from the oven and flip the potatoes with a spatula. Return the potatoes and garlic to the oven and continue roasting for 15 to 20 minutes more, until the potatoes are golden and fork-tender. 5. Make the pesto In a food processor, combine the pesto ingredients and process until mostly smooth, stopping to scrape down the bowl as necessary. Keep the pesto in the processor because we will add the roasted garlic as the final step. 6. Remove the potatoes and garlic from the oven. Carefully unwrap the garlic bulb and let cool for 5 to 10 minutes, until it's cool enough to handle. 7. Turn off the oven and return the potatoes to the oven with the door ajar so they stay warm. (You can also put the potatoes into an oven-safe casserole dish so the dish stays warm when serving.) Squeeze the roasted garlic cloves out of the bulb. You should have about 2 packed tablespoons (30 mL) of roasted garlic. Add it into the food processor with the pesto. Process until mostly smooth—you can add a touch more oil if necessary to get it going. 8. Assemble the salad This is the important part where you need to act fast; I like to assemble the salad very quickly so that it's warm when I serve it. Grab a large serving bowl and place the arugula in the bottom of the bowl. You can break it up into smaller pieces with your hands a bit. Then, remove the potatoes from the oven and quickly place them into the serving bowl on top of the arugula. Toss the potatoes and arugula with the pesto until thoroughly combined. Taste and season with salt and pepper. Sometimes I add another drizzle of lemon juice if I feel like the dish needs more acidity. Sprinkle on the hemp hearts and serve immediately. Tip: On the rare chance that you have any leftovers, I've discovered that this side works great as a cold potato salad. Just serve it straight from the fridge!

Customer Reviews Most helpful customer reviews 273 of 290 people found the following review helpful. Disappointing for OSG fans By Amazon Customer 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. 4 of 4 people found the following review helpful. Not as good as the first By JGJJK 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. 53 of 57 people found the following review helpful. Well-balanced, yummy, whole foods By CC This is a great cookbook. I'm not sure why people were disappointed as compared to her first one, but I have both and like them equally. I will say that there are not very many entrees relative to smoothies, desserts, etc., but don't have a problem getting the bulk of my entrees elsewhere. I really like how Angela uses whole foods and in this book how she says what you can make ahead/freeze/etc. I also like how you can download the nutrition info from her website. My only complaint would be the cheesy pictures of her and her family, but that seems to be a trend these days, so as long as your recipes are good (and hers are!), I can get over it. She doesn't require

too many odd ingredients, but does call for brown rice syrup, spelt flour, Herbamare (though that's usually optional) and a few things that are not readily at every grocery store. So far I've made: Salted Chocolate Hemp Shake for Two - good Green Tea Lime Pie Smoothie Bowl - delicious Green-Orange Creamsicle Smoothie - really delicious, like a dessert Pear Vanilla Mint Green Smoothie - not my fav The Fastest Sprouted Steel-Cut Oatmeal - very good PB&J Thumbprint Cookies - a little gummy, but hearty and freeze well Overnight Hot Oatmeal Power Bowl - huge, enough for 2, but very good Apple Pie Overnight Oats - I'm not a huge fan of overnight oats, but like this one Tropical Overnight Oats - Again, not a huge fan so this wasn't my fav Roasted Hazelnut-Almond Granola Clusters - really good, freezes well, not too sweet, but sweet enough Roasted Garlic and Sun-Dried Tomato Hummus - my tomatoes were funky, but otherwise think it would have been excellent Endurance Crackers - very garlicky, but fun especially if you ever have to cook for someone who doesn't eat gluten Everyday Lemon-Garlic Hummus - very good Cookie Dough Balls V - delish. I keep these in the freezer. Better than the ones in her first book. Think her nutrition calculations on them are wrong though or are for 2 instead of 1. Protein Power Quinoa Salad - Delish, and beautiful. Spiraled Zucchini Summer Salad - Really good. Crowd-Pleasing Caesar Salad - I think the name is silly, but I served it to a crowd of meat eaters and indeed it was a big hit. The Best Shredded Kale Salad - One of my favs of this book and in general. Her kale salad in the first OSG is excellent too, btw. Roasted Garlic Basil Pesto Potatoes with Arugula - Really good, served to a crowd and everyone liked. The Best Marinated Lentils - Good. Coconut Bacon - Neat idea and good, though I don't miss bacon. Marinated Italian Tofu - I used white beans instead of tofu, but was really good. Metabolism-Revving Spicy Cabbage Soup - Excellent, hearty. 6 Vegetable and Cheese Soup - Good Golden French Lentil Stew - Good Oh Em Gee Burgers - Very good, with or without a bun. Loaded Sweet Potatoes - Excellent. Huge portions though. Chili Cheese Nachos - I was a little hesitant, but this was excellent. Served to meat eaters and they didn't miss the meat (or cheese at all). Leftovers were good too, and apparently you can even freeze it. Eggplant Parmesan - Not my fav vegan eggplant parm, but I got a local eggplant and think it may have been bitter, so need to retry. Fail-Proof Marinara Sauce - Good Comforting Red Lentil and Chickpea Curry - I don't like curry, so hubby ended up eating it all, but he loved. Ultimate Green Taco Wraps - I think this is one of the best recipes in the book. I love bread, wraps, etc., but didn't even mind the iceberg wraps because the filling was so delicious. Pillow-y Pumpkin Snacking Cookies - Very good and don't make you feel gross. I didn't ice. Freeze well. High-Rise Pumpkin Cupcakes - Very good Spiced Buttercream Frosting - Very good Peanut Butter Lover's Chocolate Tart - Rich (even without the caramel sauce), but delicious. All-Purpose Cheese Sauce - I was intrigued and a bit skeptical, but this turned out great. I don't often repeat recipes, but have used this more than once and have fooled several people into thinking it was nacho cheese made with dairy. 9-Spice Mix - Yummy, similar to one in OSG I think. Lemon-Tahini Dressing - Very good Vegan Parmesan - Made both varieties and both were great. I keep some in the freezer. PS- I have over 120 cookbooks and only cook vegetarian (mostly vegan). See all 261 customer reviews...

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