

Oh She Glows Every Day



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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.
(Nakia Toy Jr.)

OH SHE GLOWS EVERY DAY



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Michael Joseph Penguin UK Jan 2017, 2017. Taschenbuch. Condition: Neu. Neuware - With over 100 easy plant-based recipes, Oh She Glows Every Day is the highly anticipated follow-up to the bestselling Oh She Glows Cookbook, and the perfect book for busy people wanting healthy family-friendly food on a daily basis. Angela Liddon's irresistible and foolproof recipes have become the gold standard for plant-based cooking. Her phenomenally popular blog and bestselling debut, The Oh She Glows Cookbook, have amassed millions of fans worldwide, eager for her latest recipes. Now, in this highly anticipated follow-up, Liddon shares creative, accessible and delicious ideas that are perfect for busy lifestyles, promising to make plant-based eating convenient every day of the week - not forgetting special occasions. Filled with more than 100 family-friendly recipes, including simple smoothies, breakfasts, snacks and staples, you'll find meals and treats that everyone will love, such as Homemade Sunflower Seed Butter, Sweet Potato Casserole, Lentil-Mushroom Bolognese, Rainbow Quinoa Salad, Ultimate Flourless Brownies and Cookie Dough Balls. Oh She Glows Every Day also offers useful store-cupboard suggestions and tips for kid-, allergy-, and freezer-friendly cooking. A beautiful go-to cookbook from one of the Internet's most most popular voices in food, Oh She Glows Every Day proves that it's possible to cook simple, nourishing, and tasty meals - even on a busy schedule. 'A colourful compendium of plant-based recipes. A selection of healthy dishes for vegans, vegetarians and omnivores alike, as well as options for those with food allergies. Liddon provides easy, freezable and 'kid friendly' dishes for time-strapped parents who are keen to ensure that both they and their offspring can maintain a healthy diet' Daily Telegraph 352 pp. Englisch.



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