



Everyday Happy Herbivore: Over 175 Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes

Lindsay S. Nixon

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After vegan chef Lindsay S. Nixon wrapped up her popular cookbook *The Happy Herbivore Cookbook* last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged Nixon to come up with simpler fare, which led to a follow-up cookbook focusing on recipes that bring tasty back to quick-and-easy.

Now, in Nixon's much-anticipated follow-up cookbook, *Everyday Happy Herbivore*, readers will see, once again, that just because plant-based eating is optimal for health, it doesn't have to also be expensive or time-consuming.

Everyday Happy Herbivore includes more than 175 doable recipes--recipes that are so quick and easy, you could cook three healthy meals from scratch every day like Nixon does.

Each of Nixon's recipes are made with wholesome, easy-to-find, fresh ingredients and include no added fats. With additional notes indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, *Everyday Happy Herbivore* will be the must-have cookbook for anyone desiring a healthier, happier menu!

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