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Oh She Glows Cookbook: Over 100 Vegan Recipes To Glow From The Inside Out, The

By Liddon, Angela

Penguin Aus., 2014. Paperback. Book Condition: New. 1. 10.8 x 15.1 cm. The long-awaited debut cookbook from one of the most popular vegan food bloggers of our time. After a decade of struggling with an eating disorder and subsisting on low-calorie processed foods, Angela Liddon vowed to get healthy once and for all. Done with feeling sick and tired she threw out her margarine and low-calorie pre-prepared dinners, and embraced whole foods that made her glow from the inside out. But first she had to learn how to cook. Five years ago, Angela started a blog, [Url removed] to spread the word about her journey to health and the powerful transformation that food can make in our lives. Now, in The Oh She Glows Cookbook, Angela shares more than 100 delicious recipes such as go-to breakfasts, protein-packed snacks, hearty mains and decadent desserts. 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! 'The Amazing thing about Angela's recipes is that...



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Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- **Ms. Christy Ondricka DDS**

This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.

-- **Mr. Zachariah O'Hara**