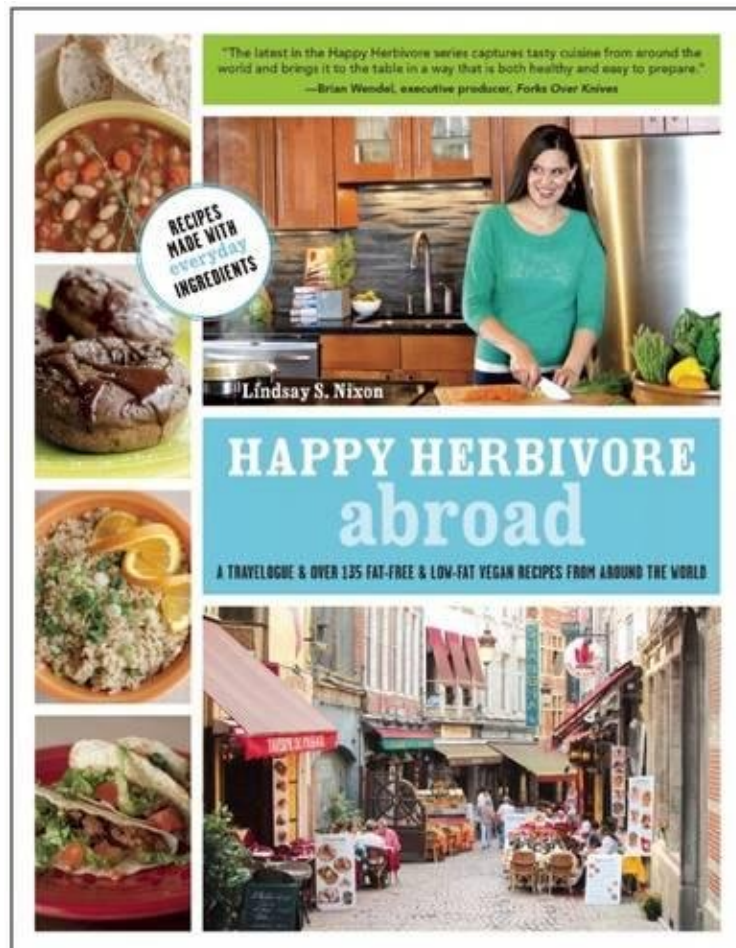


[Download] Happy Herbivore Abroad: A Travelogue and Over 135 Fat-Free and Low-Fat Vegan Recipes from Around the World

Happy Herbivore Abroad: A Travelogue and Over 135 Fat-Free and Low-Fat Vegan Recipes from Around the World

Lindsay S. Nixon

audiobook / *ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#215258 in Books 2012-12-04Original language:EnglishPDF # 1 8.90 x .90 x 6.90l, 1.70 #File Name: 1937856046320 pages | File size: 67.Mb

Lindsay S. Nixon : Happy Herbivore Abroad: A Travelogue and Over 135 Fat-Free and Low-Fat Vegan Recipes from Around the World before purchasing it in order to gage whether or not it would be worth my time, and all praised Happy Herbivore Abroad: A Travelogue and Over 135 Fat-Free and Low-Fat Vegan Recipes from Around the World:

13 of 13 people found the following review helpful. Not the best Happy Herbivore cookbookBy EllieI ordered this with the Everyday Happy Herbivore. I was delighted with that cookbook, but this one hasn't been as good. I enjoyed reading and looking at the pictures in the 'travelogue' portion of the book, but there are a lot of recipes that aren't really anything special. Like 'Taquitos', which is just refried beans and tortillas. I've been making that all along--no recipe

required. Or 'musli', which is overnight oats--nondairy milk, oats and fruit soaked overnight. Again, I've been doing this for a long time without a recipe. I was hoping for more authentic cuisine from around the world, and there are a few in there that look good, but I was a bit disappointed with this one. To give her credit, it is a really pretty book! 58 of 62 people found the following review helpful. Love Lindsay and her other books, this one is OK. By Pug Lover I love Lindsay. I love her view on food, her recipes, her blog. Her first two books (Happy Herbivore and Everyday Happy Herbivore) are my bibles when it comes to getting a healthy veggie centered meal on my family's table. However, I have to say out of the three this one was my least favorite. The recipes are just too bland. That said, they are incredibly healthy and would be great for those on very strict, low sodium, no fat, whole foods, plant-based diet. I understand her wanting to make everything ultra healthy (AWESOME!!!!), but I find the first two to be more tasty and fun, even if there are a few little cheats here and there like the lightlife veggie 'meat' in the 'meat'ball subs or a quick spray of pam. So, I would never discourage one from buying this book, but if you are considering which to get, I hope this review might shed some light. If you are on strict Esslytn heart disease reversal diet, get this one. If you are an average joe easing into a plant based diet, get HH and/or EHH. Or if you don't have a budget, buy all 3! 4 of 4 people found the following review helpful. Well done! By Alisha KI currently own the entire family of Happy Herbivore books and am a big supporter of Linday Nixon's mission to make healthy, low-fat, plant-based food widely accessible. This makes me both a slightly biased reviewer and a well-informed one. That said, it is worth mentioning that this book is not like the other books in the HH family. I am not sure that this would be the book I would recommend for someone trying to get into plant-based, low-fat living. While all of the recipes are simple and made with accessible, whole-food ingredients, I think that the original Happy Herbivore Cookbook or the Everyday Happy Herbivore Cookbook is more appropriate for those who are new to plant-based cooking/eating. In those books, many of the basics are covered and provide a solid base for branching out to more exotic recipes. What I like: -It is a more personal book than the others of the HH family, which I appreciated as someone who has traveled to some of the destinations referenced in HHA. I have spent a lot of time in Central/East Europe, for example, and I have never been able to enjoy a proper Hungarian Goulash. HHA solves that. I have often tried to re-create some of my East European favorites but have been met with limited success. The European recipes in the book are spot-on! -there are some fancy recipes--like things that I would make for a dinner party--that are made with affordable, easy-to-find items.-the photos are gorgeous. Very visually appealing.-I think this book has the potential to de-mystify some international cuisine. Curries and French dishes can be intimidating! I am pretty fearless in the kitchen, but I would not have attempted to come up with my own low-fat curry like the one in this book. Things that I would order from a takeout menu are in this book at a much lower cost (both in terms of money and calories!) and probably take about as much time to make as it does to wait on a delivery. What I do not like: I would have liked some more breakfast and baked goods. I do not think their absence detracts from the quality of the book and I realize that there are only so many ways to make a tofu scramble and there are plenty of ideas in other HH books, but I found myself going back to HHC/EHH for breakfast ideas this weekend after feeling uninspired by the HHA book. All of this said, I have tried the following recipes: -German Lentil Soup- Bread Pudding- Donuts- African Jollof- Pineapple Curry- Swedish Split Pea Soup- Bundt cake- Tinto de Verano- Cassoulet The biggest hits were the donuts, bread pudding and the pineapple curry, but they were all delicious. The African Jollof is great cold over mixed greens--we did that for a road trip and it worked out well. In sum, this book is the perfect complement to and logical progression of the HH offerings. I think this is just the beginning for the Happy Herbivore. I suspect that bigger, better things are coming and I look forward to seeing Lindsay Nixon's continued success! Very well done!

In the last 10 years, Happy Herbivore chef Lindsay S. Nixon has lived in eight states, visited 46, spent a year as an expat on a Caribbean island, and traveled to more than 35 places abroad. As a celebration of Nixons jet-setter lifestyle, Happy Herbivore Abroad combines traditional comfort foods from home with international inspiration and stories of her adventures. A little of everything basics, comfort food, international cuisine, and travelogue Happy Herbivore Abroad provides your palate with more than 135 of Nixons crowd-pleasing vegan recipes low in fat, high on health, and made with everyday ingredients. True to the Happy Herbivore creed, these vegan dishes are easy to make, easy on your wallet, and completely plant-based. As they say in France, bon appetit!

In Lindsay Nixons new cookbook, Happy Herbivore Abroad, youll find delicious, healthful, low-fat recipes from around the world. Travel to France, Mexico, India, Vietnam, Lebanon, and more without leaving your kitchen. If you are looking to transition to a vegan diet or add more creative plant-based foods, this is the cookbook for you. Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine In Happy Herbivore Abroad, Lindsay shows there are truly no limits to plant-based eating. She has collected the most iconic recipes from around the world and made them completely accessible, absolutely delicious, and plant perfect. Caldwell B. Esselstyn, Jr., M.D., New York Times Bestselling Author of Prevent and Reverse Heart Disease Lindsay's latest cookbook takes you around the world on a culinary plant-strong adventure! Rip Esselstyn, New York Times Bestselling Author of The Engine 2 Diet The latest in the Happy Herbivore series captures tasty cuisine from around the world and brings it to the table in a

way that is both healthy and easy-to-prepare. Brian Wendel, Executive Producer, Forks Over Knives Lindsay has provided easy to prepare recipes with readily available ingredients in this worldly view of eating and enjoying a low-fat tasty vegan diet (McDougall-style). We recommend you add the abroad edition to your Happy Herbivore book collection. John and Mary McDougall, The McDougall Program Lindsay is on a roll! Her third book, Happy Herbivore Abroad, is a culinary treasure with stellar recipes from around the world. Mark Reinfeld, Executive Chef of VeganFusion.com and Award-Winning Author of The 30-Minute Vegan series Lindsay Nixon is one of the few plant-based chefs that writes cookbooks that meet all of my criteria her recipes are plant-based, low-fat, easy-to-make, inexpensive, and, very important, delicious! Pamela A. Popper, Ph.D., N.D., Executive Director of The Wellness Forum This book makes food as thrilling as traveling! Jane Esselstyn, R.N. Happy Herbivore Abroad takes the mystery out of international flavors and brings delectable, low-fat, budget-friendly food, with incredibly accessible ingredients, from around the world to your kitchen table. Alicia C. Simpson, Author of Quick and Easy Vegan Comfort Food