



# Healthy Happy Vegan Kitchen: Over 220 Inspiring Plant-Based Recipes to Transform Your Health

*Kathy Patalsky*

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## Healthy Happy Vegan Kitchen: Over 220 Inspiring Plant-Based Recipes to Transform Your Health

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**Over 220 amazing vegan recipes from the the author behind the blog HealthyHappyLife.com**

More and more people are going vegan, realizing that doing so can mean being healthier *and* happier. A diet free of animal products also means living a greener life and changing the world for the better—one plate at a time. Kathy Patalsky, creator of the popular vegan food blog Healthy.Happy.Life, read by millions, makes sure eating vegan is fun and delicious too. In *Healthy Happy Vegan Kitchen*, it's hard to believe that some of the flavor-packed recipes, like the Vegan Philly Cheese Sandwich and Ultra Creamy Cashew Veggie Pot Pie, are actually vegan. Along with the inventive recipes, the book also includes guides to help “veganize” your kitchen, cooking techniques for vegan staples, and wellness tips, making it the perfect book for both long-time vegans and newcomers alike.

## Healthy Happy Vegan Kitchen: Over 220 Inspiring Plant-Based Recipes to Transform Your Health Details

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## **From Reader Review Healthy Happy Vegan Kitchen: Over 220 Inspiring Plant-Based Recipes to Transform Your Health for online ebook**

### **Jessica says**

Vegans and meat eaters alike should try the recipes in this book!

My favorites so far:

- Sweet potato burger (the cover). Threw a big Memorial Day bash and the MEAT EATERS were skipping hamburgers for the sweet potato burger.
  - Vegan clam soup and the Senate Bean soup -- OMG is the Senate Bean Soup good
  - PSL (Pumpkin Spice Latte for Starbucks fans) except this one has real pumpkin
  - Harvest Salad -- lots of good, creative salads in the book, this one has been my favorite
  - Philadelphia cheese steak
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### **Ben says**

Congrats on Veggie Times naming this one of the Best 5 vegan cookbooks of the year.

I bought this book on their recommendation and was not disappointed -- this is a GREAT cookbook. Everything I tried has been delicious. A very well tested book!!

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### **Kev says**

This is a "can't miss" book.

There are just so many good recipes without the exotic ingredients.

I really like how there are menus in the back and each recipe has nutritional info. Don't remember seeing that in a cookbook before.

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### **VeganLover says**

This book is different from many of the vegan books out there:

- most recipes are new (not repackaged from blog)
  - way more recipes than most books besides veganomicon
  - nutritional info for every recipe
  - menus!
  - VEGAN PANCAKES, a few different types!
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### **BookBill says**

Amazing cookbook. If you think "all vegan books are the same", this one will prove you wrong!

The best vegan pancakes I've ever tasted! The Senate Bean Soup is ridiculously good.

And a REAL Pumpkin Spice Latte. With real pumpkin. I'm addicted.

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### **Barb says**

The best two vegan cookies of the past couple years? Healthy Happy Vegan Kitchen and Oh She Glows!

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### **Kristi says**

Several interesting recipes! And I like that there was a kid's section, even it if was small! I'll definitely be incorporating some of these meal ideas into our gradually changing eating habits.

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### **Becky says**

This is one of my favorite cookbooks already.

I particularly looks the vegan pancakes, sweet potato burger, and Philly Cheesesteak!

Most vegan cookbooks have 100-150 recipes, this one has over 200.

I also love the fact that most of the recipes are new vs repeats from a blog.

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### **Jackie says**

Some really good recipes in there. I read through the entire book because I downloaded it via kindle app on my iPad, now I will go back through and bookmark the recipes I want to try. If you don't follow her on twitter and instagram you are missing out! ;-) She has a wonderful passion for foods and being creative.

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### **Jane says**

Innovative, flavorful recipes - love this cookbook, it is one of the most creative vegan cookbooks out there and should be in everyone's kitchen.

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## Lucy says

This is a beautifully photographed cookbook with recipes I can't wait to try. Sweet potato burger is up first. She gives some down to earth, simple reasons for eating vegan and I liked her suggestions for the vegsn pantry. Some recipes are labor Intensive, although they look worth the effort. Most, however, seem very doable and I definitely appreciate the nutritional Information included on each recipe

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## Laurie says

Gorgeous layout and feel, beautiful photos.

Kathy's recipes are always fresh and incredibly simple. Everything I've tried so far has been very satisfying.

I'm glad this cookbook has finally hit the shelves!

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## Shanae says

Exciting and refreshing recipes. The cookbook reads just like the blog and, as a fan of Kathy's, I can't help but be happy for her. I recommend the book to vegans though. While I enjoy her recipes and I think they'd be enjoyed by meat eaters, I think anyone trying the vegan route with Kathy's book should be flexible in their diet and not just starting out.

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## Barb says

Amazing cookbook.

So many vegan cookbooks out there, this one stands out for creative recipes with normal ingredients!

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## Bernadette says

I picked this up of the strength of Kathy's other book, 365 vegan smoothies, which I enjoyed. Enjoyed this one, too. Her theme, in both books and on her blog is that food is life, and feeding one's body well is a way to feed one's soul.

There is a short intro on incorporating delicious, healthy food into one's kitchen, and so into one's life, wellness tips, with tips on stocking & prepping your cooking space, staples & specialty goods, followed by a wealth of easy, tasty recipes for all occasions.

Includes menu suggestions, and a section on some fun kid tested recipes simple enough that the young ones can make themselves with supervision.

Liked the creamy cashier potpie, though I added nutritional yeast to the base; tasted like it needed a little something & Nooch did the trick. Try the golden cashew cakes; Good as they are, I might add a bit of kelp next time to give them a seafood flavor. Baked cashew cheese was good, with ancho chilies, garlic & chives added. Hummus, a staple for me; the sweet potato humus & classic hummus both excellent.

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