



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

Lindsay S. Nixon

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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 Nixon's 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 Nixon's 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 appétit!*

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Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the reserve untitled Happy Herbivore Abroad: A Travelogue and Over 135 Fat-Free and Low-Fat Vegan Recipes from Around the World can be very good book to read. May be it could be best activity to you.

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