



# Healthy Happy Vegan Kitchen

By Kathy Patalsky

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**Healthy Happy Vegan Kitchen** By Kathy Patalsky

**Over 220 amazing vegan recipes from the the author behind the blog [HealthyHappyLife.com](http://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](http://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.

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

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## Healthy Happy Vegan Kitchen By Kathy Patalsky Bibliography

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## Editorial Review

### Review

“*Healthy Happy Vegan Kitchen* is one of my favorite cookbooks on my shelves. I dare you to read her recipes and not start pulling out the sticky notes to mark the ones you just have to make! (Hint: Start with the Maple Chili Bean–Stuffed Sweet Potato!) Kathy started out as my go-to resource for all information about veganism. She has turned into one of my all-time favorite recipe sources, vegan or not.”

—**Melissa d’Arabian**, Food Network star and best-selling author

“This is the new generation of vegan cooking! Long gone are the days when vegan food was considered boring or dull. Kathy’s vibrant vegan recipes will inspire even the biggest skeptic to try something new!”

—**Angela Liddon**, *New York Times* bestselling author of *The Oh She Glows Cookbook* and creator of the blog OhSheGlows.com

“Kathy’s cookbook is filled with so many brilliant and creative recipes that you truly forget it’s all vegan. So many things I want to make!”

—**Gina Homolka**, creator of Skinnytaste.com and best-selling author

“Finally, a book that makes vegan food as accessible as it is delicious. You can count on Kathy for recipes that are flavorful, hearty, and eminently doable, no matter how busy you are and no matter how much experience you have as a home cook. Best of all, Kathy’s recipes are profoundly nourishing—proof that you don’t have to choose between eating food that’s healthful and food that tastes amazing.”

—**Gena Hamshaw**, certified clinical nutritionist and author of *Choosing Raw*

### About the Author

KATHY PATALSKY is the creator of the popular vegan food blog HealthyHappyLife.com and is the author of *365 Vegan Smoothies*. Her work has been featured in *Saveur*, *BuzzFeed*, *LATimes*, *Fox*, and *CNN*, on the cover of *VegNews*, and more.

## Users Review

### From reader reviews:

#### **Kevin Jakubowski:**

Have you spare time for the day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a move, shopping, or went to the actual Mall. How about open or even read a book entitled Healthy Happy Vegan Kitchen? Maybe it is for being best activity for you. You understand beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have various other opinion?

**Sara Jones:**

People live in this new morning of lifestyle always aim to and must have the time or they will get lot of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely indeed. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to a person of course your answer can unlimited right. Then ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, typically the book you have read is definitely Healthy Happy Vegan Kitchen.

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**William Powers:**

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