



# 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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A lot of people always spent all their free time to vacation or go to the outside with them family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book Happy Herbivore Abroad: A Travelogue and Over 135 Fat-Free and Low-Fat Vegan Recipes from Around the World it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not too expensive but this book has high quality.

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