

WITH REAL, WHOLE-FOODS INGREDIENTS

The Oh She Glows Cookbook

Over 100 Vegan Recipes to
Glow from the Inside Out



Angela Liddon



the
oh she glows
cookbook

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to Glow from the Inside Out



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*For my husband, Eric:
You are my light, my love,
and my inspiration.*





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introduction

When I made the switch to a whole foods vegan diet five years ago, I witnessed a powerful transformation in myself. After a decade of struggling with an eating disorder and subsisting on low-calorie, processed, “diet” foods, I knew I needed to change my life—and my health—for the better. Gradually, I shifted my diet to focus on wholesome plant-based foods, and I was immediately struck by how amazing I felt eating this way. Vibrant vegetables and fruit, whole grains, beans, legumes, nuts, and seeds took the place of highly processed food from a box. Little by little, my skin started to glow, my energy levels soared, and my chronic IBS lessened in severity. Those 100-calorie packs of processed cardboard suddenly didn’t sound so appealing.

In 2008, I started my blog, *Oh She Glows*, to spread the word about my journey to health and the powerful transformation that food can make in our lives. My goal was, and still is, to share my story openly and to hopefully inspire others who are struggling. To be honest, I didn’t know if I would stick with blogging for more than a couple of weeks, but this hobby unexpectedly turned into a full-blown passion, and I can confidently say that my blog changed my entire life. Within the first few months, my readership grew rapidly, and before long, I was connected with readers all over the world. One by one, comments and e-mails sharing stories of pain and triumph started to trickle in. Hearing from courageous women and men became a pivotal tool in my own recovery, as it motivated me to stay on my healthy path. It was the first time in my life that I truly felt fulfilled by the work that I was doing. Before long, I found myself spending countless hours in the kitchen transforming my favorite recipes using plant-based foods, then racing to the computer to share the pictures and recipes with my blog readers.

Five years later, *Oh She Glows* has grown beyond my wildest dreams, receiving millions of page views a month. Over the years, I’ve heard from readers all over the world who experienced positive health changes after embracing my recipes. I feel so grateful to be able to share my passion with others, spreading my joy for healthy food around the world. For years, it’s been a personal dream to write a cookbook, a place where I could share my most treasured recipes, such as go-to breakfasts, protein-packed snacks, hearty entrées, and decadent desserts. I am simply delighted to finally share this collection of recipes that I’ve had to keep secret until now. The *Oh She Glows Cookbook* is packed with more than one hundred recipes that will have you glowing from the inside out, including seventy-five new and exclusive recipes plus a few dozen new-and-improved reader favorites. Whether you are

a vegan or you simply want to incorporate a few vegan meals into your week, I'm confident the recipes in this cookbook will have a positive impact on your health and well-being, and hopefully renew your enthusiasm for simple, plant-based eating.

MY JOURNEY TO HEALTH

I wish I could begin my story with a romantic tale about growing up on a farm and learning to cook treasured family recipes from a grandparent. But the truth is my turbulent, on-again, off-again relationship with food has been fraught with challenges. For more than ten years, food was the enemy in my life. I struggled with the two extremes of self-starvation and binge eating, a vicious roller coaster that left me insecure, suspicious of food, and ultimately miserable in my own skin. At the time, I didn't consider how the food I ate each day impacted the way I felt, nor did I really care. Obsessing over calories and fat grams was indeed a mask for other issues in my life, but it also prevented me from truly appreciating the power of proper nutrition and its ability to impact my mood, my energy levels, and even my self-esteem. Deep down, I knew I held the power to create a huge change in my life, but I didn't quite know how to *make* the change.

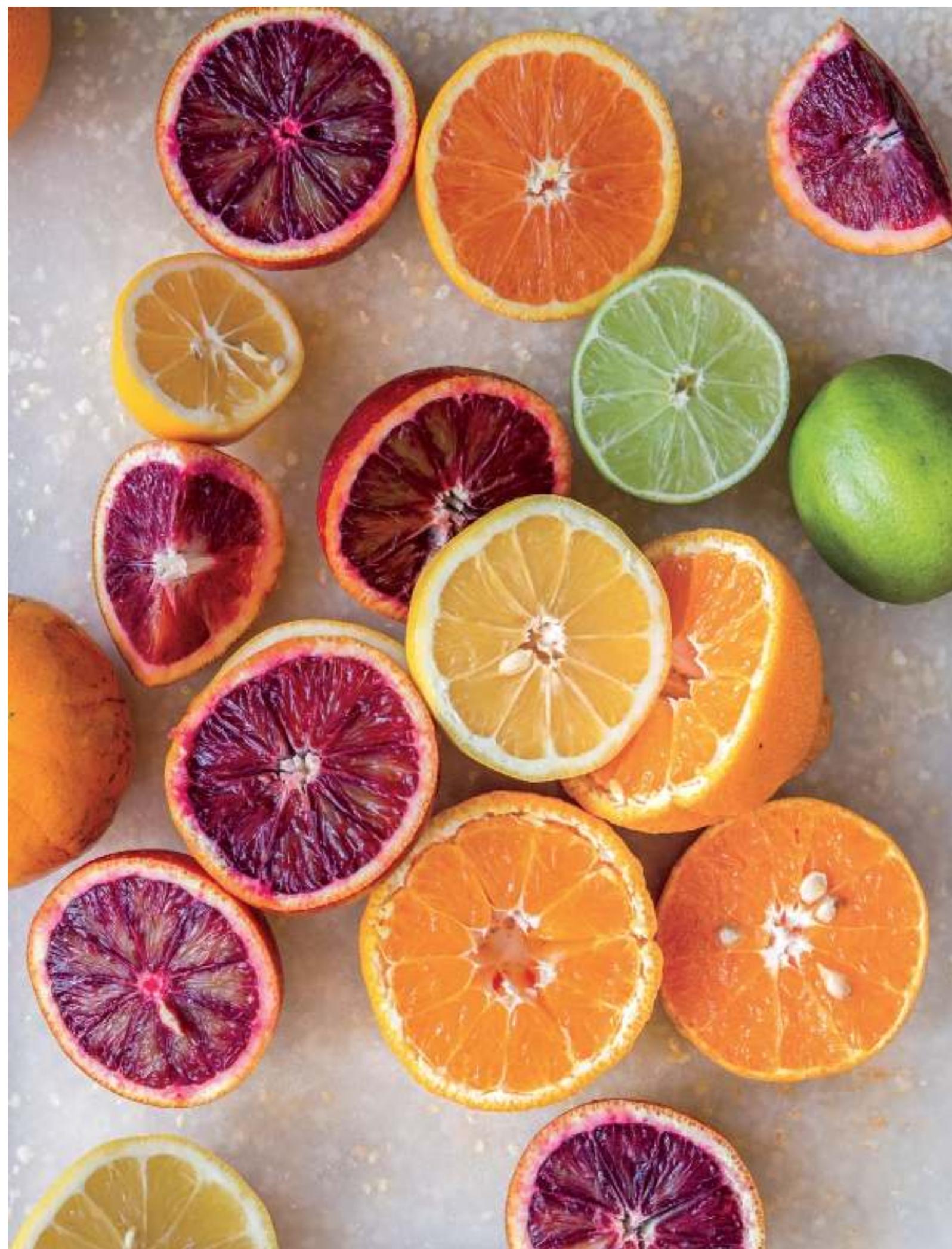
The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers. —M. SCOTT PECK

In my twenties, I began the long road of recovery from my eating disorder. With a new sense of optimism, I allowed myself to look beyond the past and embark on a journey of personal healing. My goal was simple: learn to love real food again and eat wholesome foods that made me glow from the inside out. That meant ditching the 100-calorie snacks, artificially sweetened fat-free yogurt, and chemical-laden zero-calorie butter spray for good! Instead, I started to blend leafy greens and other vegetables into my morning smoothies before work each day. You name it, I threw it into my blender—from kale and cucumbers to beets and carrots. My first attempts were a bit scary-looking (and -tasting)—hence the name [Green Monsters](#)—but eventually, I started blending up delicious concoctions and sharing the recipes on my blog. Much to my surprise, Green Monsters took the blog world by storm, and readers from all over the world began sending me pictures of their own Green Monster smoothies. Soon enough, my skin started to get its glow back and I reclaimed the energy I needed to power through my busy days. My husband, Eric, also reaped the rewards of plant-based foods by dropping twenty pounds and reducing his high cholesterol without any medication. These positive results motivated me to stick to this new lifestyle and not fall back into old negative patterns.

Let food be thy medicine and medicine be thy food. —HIPPOCRATES

I started to bring more plants into my kitchen with the help of a Community Supported Agriculture (CSA) vegetable subscription and frequent trips to the farmer's market. A couple of years later, I

planted my own vegetable garden and grew oodles of kale and other veggies (I won't tell you about the herbs I killed, though!). Growing my own vegetable garden was the first time I truly felt connected to the food on my plate. I was simply amazed to see real vegetables growing in my garden, vegetables that I could pull from the soil and eat! Everything was flavorful and fresh, just like nature intended. For the first time in my life, I got busy in the kitchen teaching myself how to cook food (and photograph it) from scratch. There were countless cooking disasters (many of which I documented on my blog), but also many successes, and these encouraged me to keep learning and improving my culinary talent.



As I fell in love with real food, I started to experiment with vegan recipes that I found online, but was often disappointed with the results. Many recipes were hit-and-miss, lacked flavor, and were often highly processed or called for mock meat products. Discouraged by these initial recipe flops, I vowed to create my own reliable vegan recipe collection that could win over even the most devout meat-lover. If my recipes didn't please my husband, they didn't make the cut, so I made it my mission to teach myself how to create drool-worthy meals, often testing recipes multiple times before I shared them on my blog. Best of all, my recipes feature wholesome, plant-based foods that make me feel anything but deprived. Throughout this process, I've realized you don't have to sacrifice flavor, variety, or nutrition to enjoy vegan recipes. When you use fresh ingredients, the food speaks for itself.

My transition to a vegan diet was made up of small and incremental changes; I didn't throw everything out of my fridge one day or declare war on animal products and processed foods with the snap of a finger. It was a gradual process, and because of this it has been a long-lasting and sustainable lifestyle change. Initially, I purchased a lot of fake meat and other vegan products, but I quickly discovered that my energy and overall health fared better when I didn't rely on these products. Because of this, you won't find a lot of imitation vegan foods in this cookbook. My diet is made up primarily of vegetables, fruit, whole grains, nuts, legumes, seeds, and minimally processed soy products, so those are the predominant ingredients you'll find in this cookbook. I used to think that *vegan* was a code word for weird, limited, or unappetizing food, but I've since proven myself wrong. If you are one of those skeptics, I hope to change your mind, too!

As I started to eat fewer animal products and more plants, I felt—and looked—like a new person. Perhaps this was a vain motivation in the beginning, but over time my motivation increased in so many other ways. After learning about the horrors of meat and dairy factory farming, I had to ask myself some hard questions. How could I, the lifelong animal lover, continue to support a system that brought so much pain and suffering to so many animals each year? The complete dichotomy of the food on my plate and my passion for animal welfare was, quite frankly, hard to digest. Wasn't there another solution? Couldn't I eat a healthy, well-rounded diet without contributing to a system that I didn't believe in?

Yes, I certainly could. A vegan diet encouraged me to look outward for healing and to value all walks of life, including my own. Little by little, I found the growth that I so desperately needed—through food. A vegan diet is the way I aligned what's in my heart with the food on my plate. My compassion for others—and, most surprising, for myself—grew in many ways. I finally realized that I'm worthy of happiness and deserving of nourishment no matter what the scale says—we all are.

It's my hope that the recipes in this book will not only ignite your culinary fire, but also show you how easily you can incorporate healthy vegan recipes into your own diet. Feeling good starts with what we eat and from there spreads like wildfire to other areas in your life. So go out and chase your long-desired career change, run that 10k, and fall in love with kale. There's no better time than now!

—Angie

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. —MARGARET MEAD





about this book

The *Oh She Glows Cookbook* is divided into ten different chapters, from Breakfast to Homemade Staples. Many recipes naturally fall into more than one category (for example, the [Oil-Free Baked Falafel Bites](#) appetizer also make a satisfying entrée, so feel free to pick and choose from the various chapters to build your own custom meals.

I encourage you to read the entire headnote and recipe before beginning a recipe. Some recipes require advance preparation (such as soaking nuts), so it helps to plan ahead whenever possible. Most recipes include one or more tips, so be sure to read those, too. Often I'll provide a tip for advance preparation or a way to modify the recipe into something new. For example, my Chilled Chocolate-Espresso Torte can be transformed into freezer fudge very easily (see the Tip [here](#)). I've got your back!

I'm aware of how many people are suffering with food allergies or sensitivities these days. Whenever possible, I make a note of possible ingredient substitutions. I'll also let you know if the recipe is gluten-free, refined sugar-free or sugar-free, soy-free, nut-free, grain-free, and/or oil-free, for your convenience. Always be proactive, however, and check the labels of your ingredients to ensure the food is safe for you to consume.

My [Natural Foods Pantry](#) details the ingredients that I use most often in my cooking. While it's not intended to encompass every ingredient you might use in your cooking, it does provide a good starting point for the ingredients most frequently used in this cookbook. I recommend reading through this chapter before beginning for an overview of the ingredients and to pick up some tips I've provided about each.





my natural foods pantry

[Whole Grains & Flours](#)
[Non-dairy Milk, Yogurt & Cheese](#)
[Sweeteners](#)
[Fats/Oils](#)
[Salt](#)
[Herbs & Spices](#)
[Vegetable Broth/Bouillon Powder](#)
[Nuts/Seeds](#)
[Beans & Legumes](#)
[Soy Products](#)
[Chocolate](#)
[Other](#)
[Acids](#)

Calling the setup that I have in my kitchen a “pantry” is amusing to me because when I developed the recipes for this cookbook, we didn’t have a pantry or even a decent amount of storage space. (Don’t be fooled by the gorgeous “loaner” kitchen that we used in some of the photographs!) I shoved every ingredient possible into our cupboards, but the overflow often spilled out into our main living area. I hid muffin tins under the coffee table, used the TV cabinet to store bags of flour, and stowed excess pots and pans above the kitchen cabinets. (A girl’s gotta do what a girl’s gotta do.) Needless to say, it was a bit embarrassing having family and friends over to witness such chaos! My poor husband didn’t know what he was signing up for when he proposed; my only saving grace is that he’s extremely patient and enjoys his role as Head Taste-Tester Extraordinaire (he made me write that).

Regardless of the setup you have in your own kitchen, stocking the right ingredients makes it so much easier to enjoy a balanced diet. As I learned more about natural, plant-based alternatives to common animal products, I started building a natural foods pantry. It takes time to create, so don’t be discouraged if you don’t have many of the items just yet. Try adding something new each week and

you will be well on your way. Have fun with the journey, above all. And hey, if you have an actual pantry, more power to you!

WHOLE GRAINS & FLOURS

Rolled oats & oat flour

Oats are a great source of fiber and are packed with minerals such as manganese, selenium, phosphorus, magnesium, and zinc. Not only do they provide a lightly sweet, nutty flavor in baked goods, but they can be used in a wide variety of sweet and savory recipes. Rolled oats (also known as old-fashioned oats) are simply raw oat groats that are steamed and pressed (or rolled) to create their flat shape. Because rolled oats have a large surface area, they cook much more quickly than oat groats and steel-cut oats. [Oat flour](#) is incredibly easy to make at home and it adds a rustic, earthy, and lightly sweet quality to baked goods. Be sure to use certified gluten-free oats if you have a gluten allergy or sensitivity, since oats have the potential for cross-contamination with wheat products.

Almond meal & almond flour

Almond meal and almond flour lend a chewy texture and sweet, nutty flavor to cookies, bars, and other baked goods. Almond flour is made from ground blanched (skinless) almonds and has a delicate and fine texture, while almond meal is made from whole almonds (with the skin intact), making it a bit coarser in texture. Almonds are a rich source of protein—7.6 grams in $\frac{1}{4}$ cup (60 mL)—as well as manganese, vitamin E, magnesium, and copper, making it a healthy flour like no other. You can make almond flour and [almond meal](#) in your own kitchen if you have a high-speed blender or food processor, or you can find them in most grocery stores in the specialty foods, gluten-free, or organic baking aisles.

100% whole wheat pastry flour

Whole wheat pastry flour is lower in protein and gluten compared to regular whole wheat flour, and its feathery-light texture makes it perfect for replacing traditional all-purpose flour in recipes while retaining more nutrition. I use whole wheat pastry flour to replace some or all of the all-purpose flour called for in recipes like muffins and cakes. A word of caution: Whole wheat pastry flour should not be substituted with 100% whole wheat flour as regular whole wheat flour can produce very dense, heavy baked goods. If you'd like to replace the whole wheat pastry flour with all-purpose flour, however, feel free to do so.

Raw buckwheat groats & raw buckwheat flour

Buckwheat is not a wheat grain like many assume; it's actually a fruit seed related to rhubarb and sorrel. Fortunately, however, buckwheat behaves very similarly to a grain, making buckwheat flour popular for gluten-free baking. Beige and pale green in color, raw buckwheat groats are simply the

raw harvested kernels from the plant, and they are a source of protein, fiber, manganese, and magnesium. Kasha, which is toasted buckwheat, is commonly confused with buckwheat groats, but they cannot be used interchangeably in my recipes. Kasha has a much stronger (and some say off-putting) flavor and can throw off the flavor profile of a recipe. For this reason, I always use raw buckwheat groats in my recipes. [Here](#), I describe how to make raw buckwheat flour at home. You can find raw buckwheat groats in the bulk bins at many natural grocery stores, such as Whole Foods, or online.

Unbleached all-purpose flour

Unbleached all-purpose flour is made from milled hard and soft wheat and lends a tender, fluffy texture to baked goods. I don't use all-purpose flour in many of my recipes, but sometimes it's the only flour that will produce the light texture required for cake or pastry recipes. Even then, I find it's usually possible to substitute one-third of the all-purpose flour for whole wheat pastry flour without compromising the overall outcome (see my [Double-Layer Chocolate Fudge Cake](#) for an example). Be sure to look for organic, unbleached varieties of all-purpose flour whenever possible. In addition to those listed above, I also use brown rice and brown rice flour, wild rice, millet, quinoa, spelt and wheat berries, and brown rice, kamut, or spelt pasta on a regular basis.

NON-DAIRY MILK, YOGURT & CHEESE

For those looking to ditch dairy, non-dairy milk options are plentiful in most grocery stores these days. My personal favorite non-dairy milk is almond milk. I use it exclusively in my recipes, but feel free to use your preferred non-dairy milk. I make [almond milk at home](#) for drinking and I buy unsweetened and unflavored almond milk for my recipes. Almond milk is very low in protein, so if you want a higher-protein non-dairy milk (say, for smoothies), look for soy milk or hemp milk. I also use canned coconut milk in many of my dessert recipes. It adds a rich, creamy quality very similar to dairy cream. My go-to brands of coconut milk are Native Forest and Thai Kitchen. As for non-dairy yogurt and cheese, these are not products that I use often, but I do use them once in a while. In my [Spiced Day Bircher Muesli recipe](#), I use non-dairy yogurt. I prefer the flavor of almond and coconut yogurt (such as So Delicious brand), but feel free to use soy yogurt for a higher-protein option. In my [Crowded Pleasing Tex-Mex Casserole](#), I use a small amount of vegan shredded cheese. My preferred brand is Daiya, but again, feel free to use your preferred non-dairy cheese.

SWEETENERS

Medjool dates

Soft and plump Medjool dates—is there anything better? I love using Medjool dates as a natural sweetener in smoothies, no-bake desserts, and even [pie crusts](#). They aren't called nature's candy for nothing! They're also fantastic for binding ingredients and enhancing flavor with sweet notes of

caramel. Just try my [Homemade Yolos263](#) for proof—many say they're better than the store-bought candy! If you don't have Medjool dates on hand, other varieties of dates should work in a pinch. If your dates are firm and dry, be sure to soften them in water for 30 to 60 minutes before using—and, of course, always remove the pit.

100% pure maple syrup

It probably comes as no surprise that this Canadian girl is a huge fan of maple syrup. Maple syrup is simply the boiled sap of maple trees, and it's my sweetener of choice because it is easy to source locally. Look for grade B syrup, which tends to have the most robust flavor. I realize pure maple syrup is not available everywhere and can be expensive depending on your location, so when you can't get your hands on it, feel free to substitute your preferred liquid sweetener, such as agave nectar. The flavor of the recipe will change, but the overall recipe should still turn out fine, as long as you are subbing a liquid sweetener for another liquid sweetener. I don't recommend subbing a liquid sweetener for a dry sweetener because it throws off the wet/dry ratio in a recipe and the outcome is unpredictable.

Sucanat sugar

Sucanat (which stands for Sugar Cane Natural) is a minimally processed organic form of whole cane sugar with a grainy, coarse texture similar to coconut sugar. To make Sucanat, sugarcane juice is extracted from the sugar cane and then heated in a large vat. Once the juice cooks down into thick syrup, it's cooled and dried. This process retains the molasses content, which provides naturally occurring minerals and vitamins (such as iron, calcium, and potassium) in the sugar and provides a caramel hue and robust flavor. I love to use Sucanat in gingerbread or chocolate recipes (see [Oil-Free Chocolate-Zucchini Muffins](#), or [Fudgy Mocha Pudding Cake](#)) or anywhere I'd normally use traditional brown sugar. If you don't have any Sucanat on hand, feel free to substitute unpacked organic brown sugar or coconut sugar in its place.

Coconut sugar

Coconut sugar is coconut palm sap that has been cooked over low heat, cooled, dried, and ground into a granulated sugar. Despite the fact that it comes from a coconut palm tree, it doesn't have a coconut flavor so it blends seamlessly into many recipes while adding light notes of caramel. Not only does it have a low glycemic index (35) compared to other sweeteners, but it is rich in vitamins and minerals. You can substitute coconut sugar for Sucanat or unpacked organic light brown sugar in most recipes.

Organic cane sugar & organic brown sugar

Organic cane sugar is an all-purpose sweetener used in baked goods. It's very similar to traditional white sugar, but organic cane sugar isn't processed with animal bone char, nor is it whitened with bleach! Organic brown sugar is almost identical to cane sugar, only it has a bit of molasses added in, providing its characteristic brown color as well as a higher moisture content. Feel free to use either

light or dark brown sugar in my recipes.

Blackstrap molasses

Blackstrap molasses is a powerhouse sweetener packed with iron, potassium, calcium, magnesium, and more. This thick, robust syrup produces moist and chewy baked goods, and is great in gingerbread, ginger cookies, BBQ sauces, and more. Each tablespoon of blackstrap molasses contains 3.5 milligrams iron, making it an easy way to boost your iron stores. Be sure to pair blackstrap molasses with vitamin C for maximum iron absorption.

Brown rice syrup

Brown rice syrup delivers a steady and consistent energy supply and is said to be good for avoiding blood sugar spikes due to its relatively low glycemic index. I don't use brown rice syrup very often, but I do use it in a couple of my recipes (see my [Glo Bar recipes](#)) as a binder thanks to its super-sticky consistency. There have been recent concerns about arsenic levels in brown rice syrup and other rice products, and as a result, research is ongoing to determine safe exposure levels. I encourage you to monitor the research results and make your own informed opinion as to whether to include it in your diet.

FATS/OILS

Virgin coconut oil

Coconut oil is my favorite oil to cook and bake with due to its heart-healthy, antifungal, and antibacterial properties. With its high smoke point, coconut oil is also great for high-heat frying, roasting, or grilling purposes without damaging the properties of the oil. For this reason, I use coconut oil more than any other oil in my kitchen. Solid at room temperature, it also makes a great replacement for butter in many recipes and helps raw recipes maintain a solid texture (see my [Chilled Chocolate-Espresso Torte](#)). Virgin coconut oil does taste like coconut and can infuse a light coconut flavor into foods, but I find it's minimal and often complements the recipe. I've grown to love the flavor, so I use it with abandon even when making savory meals like stir-fries. If you aren't a fan of the flavor of coconut oil, you can try refined coconut oil, which does not have a coconut flavor. In savory preparations, such as when pan-frying or sautéing, you can easily replace the coconut oil for your preferred cooking oil, if desired.

Cold-pressed extra-virgin olive oil

Extra-virgin olive oil has its place in every kitchen, but it's not to be used for high-heat cooking like frying. Its smoke point of 400°F (200°C) makes it easy to render this delicate oil rancid by using too much heat. Despite this, it's a good all-purpose oil so long as you are careful not to overheat it. When selecting extra-virgin olive oil, look for brands packaged in a dark-amber glass bottle, which blocks

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