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Keep It Carbed, Baby!: The Official Happy Healthy Vegan Cookbook Of High Carb, Low Fat, Plant Based Whole Foods



Synopsis

With over 100,000 subscribers on YouTube and 50,000 plus followers on Instagram and counting, Happy Healthy Vegan has put a growing spotlight on what vegan social media artist Anji Bee eats. *Keep It Carbed, Baby!* features 45 of the most-asked-for recipes in Anji's back-to-basics style of high carb, low fat, whole food, plant based dishes. These are not showy recipes with exotic ingredients, but homey go-to meals made with fresh seasonal produce and easy to find kitchen staples like rice, beans, potatoes, bananas and simple spices. The key point of every dish is that they are both healthy and satisfying. From International favorites like the Kenyan cornmeal based Ugali and the rice and legume based Kitchari of India, to all-American Peach Pie and Hearty Breakfast Oatmeal, Anji has tailored her recipes towards ease of use for readers with any level of kitchen experience. She hopes that this book will inspire people world wide to go vegan and *Keep It Carbed, Baby!*

HIGHLIGHTS: 10 recipes each for breakfast, lunch, dinner & dessert + 5 toppings
8 page introduction to the book
Full color photos of every recipe
Mix of raw and cooked breakfast & lunch recipes
Recipes exclude oil, salt, onions and garlic
Includes fan favorites like my Black Forrest Smoothie, Hearty Breakfast Oatmeal, Banana Bread Muffins, Fruity Waldorf Salad, Chickpea Salad Sandwich or Wrap, Black Bean Mango Tacos, Aloo Gobi Matar Masala Curry, Hearty Minestrone Soup, Mushroom Gravy, Pineapple Banana Float, No-Bake Persimmon Pie, Easy Fudge Truffles and MORE!

Book Information

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Customer Reviews

Great book with easy to make recipes :) I'm someone who loves tweaking recipes and their recipes left wiggle room to make it your own. I look forward to more from Anji and Ryan in the future.

Great recipes! Easy reading. Enjoyed the pictures. Loved that most of the recipes are whole foods based. Great for beginners like me.

I love watching Anji and Ryan in YouTube. These recipes are spot on.

I love the easy, delicious recipes in this book! This is the vegan cook book I've been searching for! I love the fact that the ingredients are easy to find and generally on hand, that the preparation is simple and intuitive (even for a non-cook like me!), that EVERY RECIPE HAS A GORGEOUS, FULL COLOR PICTURE!! (Yay!) and that not only is the food delicious, but it looks and presents so beautifully. A lot of colors and textures. I would LOVE for this book to come out in paperback or hardback to keep on my kitchen counter always!!! Thanks! :)

A lot of recipes and new ideas for me to explore! There are beautiful pictures, easy to understand and to find the ingredients locally. I think it is a plus when preparing a dish for a book that a photo showing the end result! I hope Anji Bee decides to write additional cookbooks. They're very helpful and very Zen, baby!

This is what I have been looking for for so long....Omg!!! Trying every single one of the recipes, Thank you Anji you have made me one happy woman. My journey has just become a lot easier, thank you a million.

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