



Healthy Happy Vegan Kitchen

By Kathy Patalsky

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Over 220 amazing vegan recipes from the the author behind the blog 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, 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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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:

Dennis Fleenor:

Have you spare time for any day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a go walking, shopping, or went to the Mall. How about open or read a book titled Healthy Happy Vegan Kitchen? Maybe it is for being best activity for you. You recognize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have other opinion?

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Jennifer Valdovinos:

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