

"The Happy Herbivore Cookbook's low-fat, plant-based dishes promote health in a delectable and wholesome way. Lindsay Nixon's recipes are ... simple and flavorful solutions to eat better for mental and physical health."
—T. Colin Campbell, PhD, author of *The China Study* and professor emeritus of Nutritional Biochemistry



The Happy Herbivore

Over 175 Delicious Fat-Free & Low-Fat
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LINDSAY S. NIXON

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