

"Christy Morgan's deliciously divine cookbook will help you heal and soar, one blissful bite at a time."  
— Kris Carr, *New York Times* bestselling author

Foreword by Kim Barnouin, co-author of *Skinny Bitch*

# Blissful Bites

Vegan Meals That Nourish Mind, Body, and Planet

More Than  
**175**  
Recipes

Christy Morgan

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# Blissful Bites: Vegan Meals That Nourish Mind, Body, and Planet



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Blissful Bites includes a lot more than 150 recipes that produce eating every meal much healthier and fascinating. Blissful Bites is definitely a refreshing introduction to the idea that switching to a plant-based diet plan that uses locally grown and natural products can be easy and satisfying; doesn't need to be a pain; In Blissful Bites: Vegan Meals That Nourish Brain, Body, and World, Christy Morgan shows readers how to make healthful, delicious, animal-product free meals without a lot of effort. in fact, it can be sheer bliss. It's been long-accepted that quitting animal products also means quitting easy and enjoyable cooking food, but that's not true. not to mention delicious; for both mind and body. Cooking in a way that's good for you and pertaining to the environment; Morgan, known to her online viewers as 'The Blissful Chef,' also delivers recipes which are easy for the typical home cook to follow, producing a plant-based diet seem simpler and more delici



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Vibrant Vegan Dishes for the Health-Conscious You'd be forgiven for convinced that a diet without animal items, processed foods, nightshades (tomatoes, potatoes, peppers, eggplants), alliums (onions and garlic), wheat, and oil would be a particularly cruel form of punishment. Blissful Bites proves normally. Although it didn't convert me to writer Christy Morgan's super healthy way of eating, I definitely did enjoy the colourful and, yes, tasty quality recipes within it. Blissful Bites is usually a collection of over 175 vegan and macrobiotic recipes, including some natural and gluten-free dishes. A vegan cookbook you can TRUST YOUR WELLBEING WITH :) My husband was identified as having a serious case of type 2 diabetes a couple years ago and decided to change to a vegan diet plan rather than meds. Great info and photos, I've made several of the soups and salads Each has come out delicious and quality recipes are easy to adapt to elements on hand, A waste of money. Also good: lots of glossy, color pictures to inspire you. Sections, which feature quality recipes organized by season, include breakfast, salads, soups and appetizers, ocean vegetables, grains, and desserts. To be flawlessly honest, I wasn't instantly attracted to most of the dishes. I've been scared of this stuff and limit my tofu intake to a once a week (if that). But I rolled up my sleeves and began cooking. The majority of my webpages possess fallen out. it creates for a magnificent consistency! Highly recommend, vegan or not! The soup section is certainly my favorite; But macrobiotic vegans and other health conscious eaters may love its bright tastes and focus on healthy yet tasty meals. Several caveats: I missed the dessert section extremely interesting, since 1) my kitchen is not equipped for vegan, gluten-free baking, and 2) I won't think that tofu has anywhere in dessert. I also found that some of the dishes sacrifice a little taste or time and energy to be healthier. If I make the Sage-Infused Polenta Fries once again, I'll probably pan-fry instead of bake them. Also, a number of the dishes in Blissful Bites will demand either substitutions or excursions to Entire Foods for the more obscure ingredients (palm sugar, arrowroot powder, dulse flakes, brown rice flour). In the beginning, I borrowed it type my regional library, and instantly fell in love with it. there are a number of that I'm looking forward to trying this fall. Most are lower in oil and (more importantly for me) can be made in under 45 moments. I bought this, The Skinny Bitch cookbook, Everyday Happy Herbivore, and a couple others. When we 1st switched, this and Ms. Nixon's cookbooks were our least preferred. Why? Because they are the healthiest lol. The images and glossy pages are beautiful, as well. Many, if not most, of the dishes for the reason that book use sugar and earth stability (vegan butter). We instantly found lots of recipes in there that were our favorites and were surprised that going vegan was no big offer haha. Once we made that switch, Miss Christy Morgan and Miss Lindsay Nixon's cookbooks required top preference inside our kitchen and they are now my favorite cookbooks that I have. We watched Forks Over Knives and equivalent films and decided vegan entire foods was the ideal solution. No more refined sugar and ready-made foods. Fast forward down the road as soon as we were used to a "vegan" diet, it now became more important to us to not just eat vegan but eat healthy. Should you have another vegan entire foods cookbook you'd recommend, please talk about it with me! The index is practical. I trust this cook book to fill my own body with what's best for it. There are several favorite recipes in here but that's always personal preference therefore i won't list them. It is arranged by season, helping someone to make seasonal options which is very essential for the environment because off season foods are usually shipped from another part of the globe. She offers a whole lot of suggestions, hints and explanations along the way. I don't live in this kind of a place and sometimes have trouble finding points that the recipes demand but it hasn't been a big offer for me. The only real con is normally that some recipes call for the smooth tofu that will come in a carton and isn't refrigerated. (And yes, like other reviewers said,

they did a horrible job on the binding of the book. Instructions were apparent and an easy task to follow, and even though everything tasted completely different from what I usually eat, nothing was significantly less than pleasurable. I'm just likely to consider it to a copy shop and also have them stay a spiral band binder onto it so I can try and put everything back together) Blissful Bites for certain Trim to the chase: I love this cookbook. To be able of things going in the recipe! Morgan starts her book with helpful hints for the brand new vegan cook on what a well-stocked pantry looks like, tools you will need, and also basic cooking methods. If health is your objective and not just animal compassion, I believe you will enjoy having this cookbook as a choice on your shelf! I really enjoy looking at the recipes. :) The thing I love most is certainly that I understand that I can pick out any recipe out of Blissful Bites and it will be in collection not merely with my animal compassion curiosity, but also my wellness. In the event that you live in a location that promotes this sort of lifestyle, and therefore makes unusual ingredients available in your community, you will like it even more. Love this cookbook! This is by far the best recipe book. I'm not vegan but I discover myself using the recipes in right here more than any additional cook book. The cabbage rolls are amazing! Super simple an easy task to follow quality recipes and the way they are established up is the way every cookbook should be. Ms. The Un-Tuna sandwich filler, which calls for garbanzo coffee beans, was a welcome change from my usual mock tuna recipe with green onions, and the Lovely Carrot-Ginger Bisque had a delicate, mild flavor with a definite zap at the end. The next step was purchasing my very own duplicate -- this cookbook is certainly that good. Beautiful Book, Tasty Recipes This is one of my new faves! I really like that it's divided into periods and includes cooked and raw recipes. It's mostly cooked and the dishes are VERY easy! Well known was The Skinny Bitch cookbook because everything tasted great and very similar to the standard american diet that we were utilized to. I love it and am grateful Miss Morgan required the time to put it together. The writer favors completely different spices and seasonings than I really do -- plenty of recipes call for miso, different vinegars, ocean vegetables, brown rice syrup, ginger, coriander, and nutritional yeast. A waste of money. She uses it for a reason... I confronted down my tofu prejudices and amazed myself by liking the Southwest Tofu Scramble. I recommend this book for raw food enthusiasts who prefer to eat a little more cooked food in the cooler a few months and anyone looking for quick, minimal ingredient, tasty vegan snacks and meals. Thank you, Christy! Delicious sensible healthy foods We am grateful to have this book for my cooking. There's an focus on seasonal, whole foods and barely a stick of Earth Balance or bag of Daiya to be observed. I always used to avoid any dishes with blended tofu in them, but Christy provides opened up a brand-new door for me! The recipes aren't original. there are not many recipes, and all of them are similar to what can be seen on the internet for free, just by using google. Five Stars Great condition! Five Stars Great book! A few of the ingredients are unique, but overall not too complicated and versatile suggestions for not only vegans, but also people who want to get ready and eat healthful, plant-based meals. I love the dishes - the curry no-poultry salad is fantastic! She also has icons that inform you which dishes are natural, gluten-free, soy-free of charge, low or no oil, and what can be cooked in under 45 minutes. It's the one I grab when company's coming. This is one of the best vegan cookbooks This is one of my favorite vegan cookbooks. Getting neither vegan, macro, low-fat, nor gluten-free, I'm most likely not quite the correct type of eater to get the many out of Blissful Bites. Also offers great health tips and cooking food how tos throughout the pages. The quality recipes are subdivided by seasons and the emphasis is definitely on fresh, unprocessed ingredients. The photographs are simply beautiful. An inspiring go-to cookbook. Two Stars Not so easy to use.



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