



COOKBOOK

# HEALTHYGIRL KITCHEN

100+ PLANT-BASED RECIPES TO LIVE YOUR HEALTHIEST LIFE  
BY DANIELLE BROWN

Whether you're a vegan or interested in trying out more plant-based meals, "HealthyGirl Kitchen: 100+ Plant-Based Recipes to Live Your Healthiest Life" is the go-to cookbook for easy, delicious recipes. Danielle Brown, the wildly popular vegan influencer behind HealthyGirl Kitchen, created hundreds of recipes that will show you how to make nourishing meals without animal products that don't make you feel you're restricting yourself or missing out.

**Brown covers the food-prep spectrum, including:**

- Breakfasts – Start your day off right.
- Salads and bowls – Fall in love with nourishing your body.
- Soups – Because gorgeous girls love soup.
- Comfort Food – For getting through your toughest days.
- Dinners – Never wonder what to make again.
- Sandwiches, snacks, side dishes, desserts and more.

"HealthyGirl Kitchen" contains plant-based recipes that are 100% vegan, refined-sugar and flour free, and gluten-free optional. Pretty soon you'll be savoring these fresh meals and telling your healthy besties all about it.

