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Olivia Biemann is the twenty-four-year-old creator of the *Liv B* blog and YouTube channel, which has over 650,000 subscribers and gets over a million monthly views. Launched in late 2015, Olivia wants to share her passion for teaching people how to cook simple and delicious plant-based recipes that use readily available and inexpensive ingredients. She lives in Halifax, Nova Scotia. *Liv B's Vegan on a Budget* is her first book.

<https://itslivb.com>



@itslivb

Cover design: Margaux Keres  
Front/back cover  
photographs: Brilynn Ferguson



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“If you’re wondering how to get through the day, week, year, or even your life as a vegan look no further than Liv’s book! It’s full of everyday ideas that are simple, delicious and colorful. You’ll be inspired to be in and out of the kitchen in a jiffy and satisfied by the hearty dishes she’s compiled in this collection. It’s perfect for parents, college students, and anyone who is looking for real-life ways to eat more plants.”

— **LAUREN TOYOTA**, creator of the YouTube channel and blog *hot for food* and bestselling author of *Vegan Comfort Classics: 101 Recipes to Feed Your Face*

“Olivia’s recipes are a delicious and effortless approach to vegan cooking. You won’t find any weird ingredients or time-consuming dishes, making this the perfect collection of recipes for anyone who loves to cook but doesn’t want to spend hours in the kitchen . . . or their entire paycheck on groceries.”

— **CANDICE HUTCHINGS**, creator of the YouTube channel and blog *The Edgy Veg* and author of *The Edgy Veg: 138 Carnivore-Approved Vegan Recipes*



ISBN: 978-0-7788-0625-7  
\$24.95 US / \$29.95 CAN  
ISBN 978-0-7788-0625-7 5 2 4 9 5  
9 780778 806257

PRINTED IN CHINA

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Liv B's VEGAN ON A BUDGET



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## Eating Vegan on a Budget Has Never Tasted — or Looked — So Good

*Olivia Biemann*, creator of the *Liv B* blog and YouTube channel, isn't your typical vegan cooking star. Although eating is one of her favorite hobbies, she doesn't love spending a lot of time in the kitchen. The meals she enjoys the most are those that are simple to make and taste absolutely delicious, despite putting in minimal effort. She avoids "fancy" ingredients. Olivia is here to show you that you can eat plant-based on a budget and still make incredibly mouth-watering and fun meals that will make you feel amazing.

*Liv B's Vegan on a Budget* is filled with 112 simple recipes from breakfast to dessert that share Olivia's passion for inspired and effortless vegan food. With a focus on balance between health and comfort and sweet and savory, you'll find tons of tasty recipes with beautiful full-color photos, including Tropical Green Smoothie, Half-Baked Cookie Dough Pancakes, Spicy Mango Salsa, Famous Lasagna Soup, Ginger-Glazed Carrots, Sweet Sriracha Cauliflower Wraps, Spaghetti Squash Pad Thai, No-Bake Brownie Bites and Deep Dish Apple Pie with Caramel Sauce. She also includes easy-to-follow icons that identify which recipes are gluten-free, portable, and great for gatherings, to help simplify your time in the kitchen.

Cooking vegan food doesn't have to be a struggle. Let Olivia share how easy it is to eat yummy plant-based meals that are fast and simple, using accessible ingredients you can find anywhere — without breaking the bank.

“This book proves that a vegan diet is far from boring, complicated and bland. Thanks to Liv's easy-to-follow and yummy recipes like Fast and Fluffy No-Rise Cinnamon Rolls, Buffalo Chickpea Wraps, and Marble Freezer Fudge, you'll be a plant-based kitchen expert in no time — and with minimal fuss, too. Whether you're a dedicated plant-eater or simply plant-curious, there's something in here for everyone.”

— **CAITLIN SHOEMAKER**, creator of the YouTube channel and blog *From My Bowl*