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Olivia Biermann is the creator of the *Liv B* blog and YouTube channel, which features a mix of comfort and health-conscious plant-based recipes. She is also the author of the bestselling cookbook *Liv B's Vegan on a Budget*. Olivia is an avid baker, a dog mom to two big dogs and an oat milk latte addict. She lives in Halifax, Nova Scotia.

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“Liv is brilliant at practical, quick and super-tasty vegan food.”

— **DAVID & STEPHEN FLYNN**, creators of *The Happy Pear* and bestselling authors of *The Happy Pear Cookbook*

“Liv never ceases to amaze me with her simple and satisfying vegan recipes. What stands out the most to me is that she caters to all skill levels, making the cooking experience fun, easy and accessible to everyone!”

— **CHERIE TU**, creator of the blog *Thriving on Plants* and author of *Thriving on Plants*



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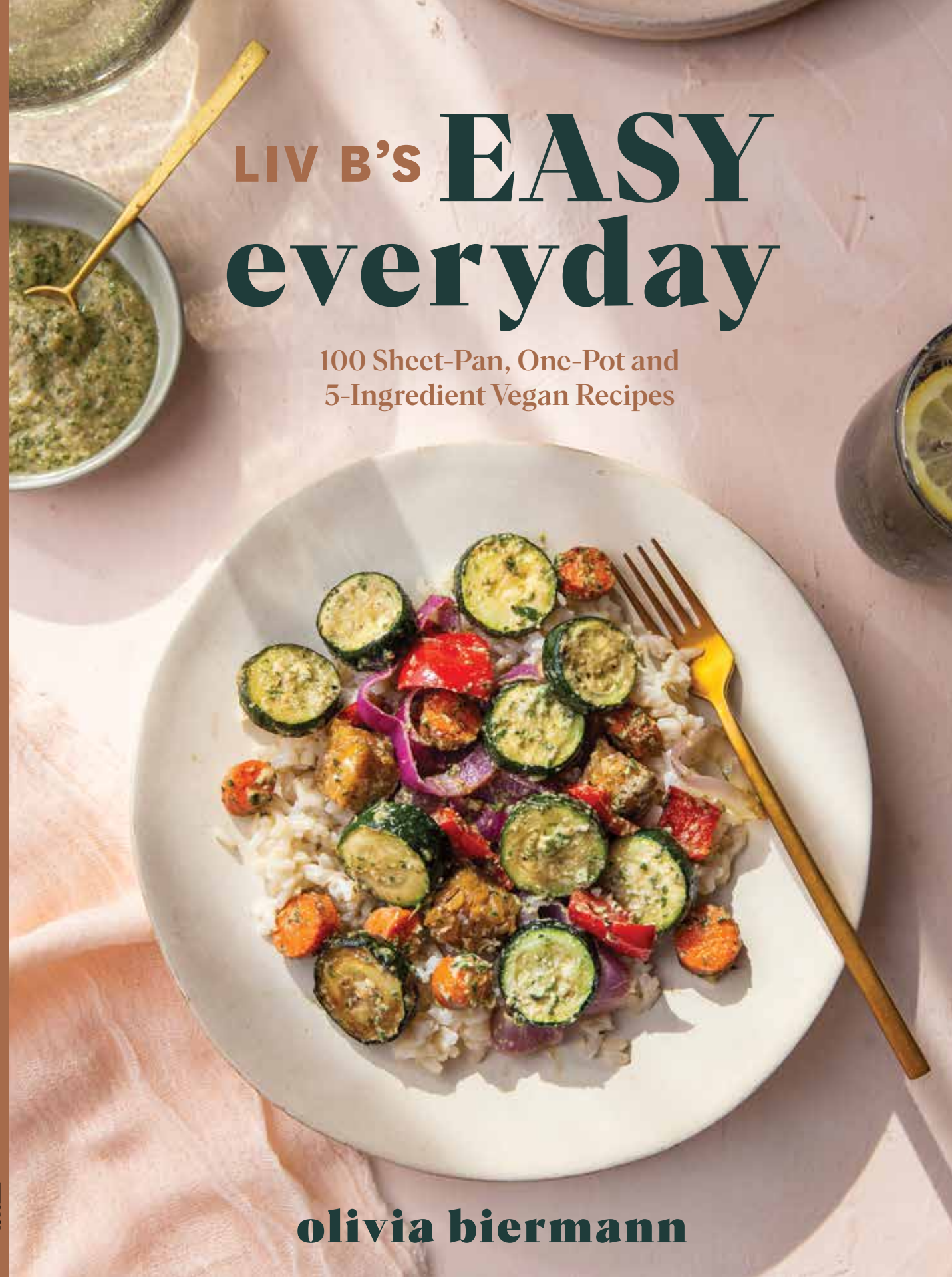
olivia biermann

LIV B'S EASY EVERYDAY

Robert ROSE

LIV B'S EASY everyday

100 Sheet-Pan, One-Pot and 5-Ingredient Vegan Recipes



olivia biermann

Vegan on a Budget. Simplified.

Fans already know **Olivia Biermann**, of the *Liv B* blog and YouTube fame, for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling *Liv B's Vegan on a Budget*, Olivia is back with a new collection of 100 recipes that are tastier and easier than ever before — all helping you master cost-effective cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan. You'll use less kitchen equipment and less effort, giving you more space to exhale in your already busy day.

Looking to meal prep savory breakfasts for the week? Whip up a batch of Chorizo Tempeh Breakfast Wraps. Hosting a cozy family gathering? Try Sheet-Pan Pot Pie. There are lots of delicious recipes, including Frying Pan Maple Granola, Rustic Tomato & White Bean Soup, Chopped Cucumber Salad, Liv's Famous One-Pot Mac & Cheese, Spicy Oven-Roasted Corn on the Cob, Double Blueberry Cinnamon Crumble Bars and London Fog Sheet-Pan Cake. The book also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions — all to help you streamline your time in the kitchen.

In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it's no wonder so many of us don't have the time or energy to cook. Olivia is here to help.