## Recommended Cookbooks for Heart Health

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<tr>
<th>Cookbook Cover</th>
<th>Cookbook Name</th>
<th>Author</th>
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| ![Peace, Love and Fibre: Over 100 Fibre-Rich Recipes for the Whole Family](image1.jpg) | **Peace, Love and Fibre:** Over 100 Fibre-Rich Recipes for the Whole Family  
- Recipes are both plant and animal-based | Mairlyn Smith | mairlynsmith.com | Appetite by Random House  
Toronto, ON  
(2019) |
| ![Yum & Yummer: Ridiculously tasty recipes that’ll blow your mind but not your diet!](image2.jpg) | **Yum & Yummer:** Ridiculously tasty recipes that’ll blow your mind but not your diet!  
- Recipes are both plant-based and animal-based | Greta Podleski | instagram.com/yumandyummer | One Spoon Media Inc.  
Granet Publishing Inc.  
Kitchener, ON  
(2017) |
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| ![Nourish Cover](image) | **Nourish**: Whole Food Recipes Featuring Seeds, Nuts and Beans  
- Recipes are plant-based vegetarian | Nettie Cronish and Cara Rosenbloom | [nettiecronish.com](http://nettiecronish.com)  
| ![Oh She Glows Cookbook Cover](image) | **The Oh She Glows Cookbook**: Vegan Recipes to Glow from the Inside Out  
- Recipes are strict plant-based vegan | Angela Liddon | [ohsheglows.com](http://ohsheglows.com) | Penguin Canada Books Inc.  
Toronto, ON (2014) |
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| ![HeartSmart: The Best of HeartSmart Cooking](image) | HeartSmart: The Best of HeartSmart Cooking  
- Recipes are a mix of both plant-based and animal-based | Bonnie Stern | [bonniestern.com](http://bonniestern.com) | Random House  
Heart and Stroke Foundation of Canada  
Toronto, ON  
(2006) |

For more information go to: [smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/](http://smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/)