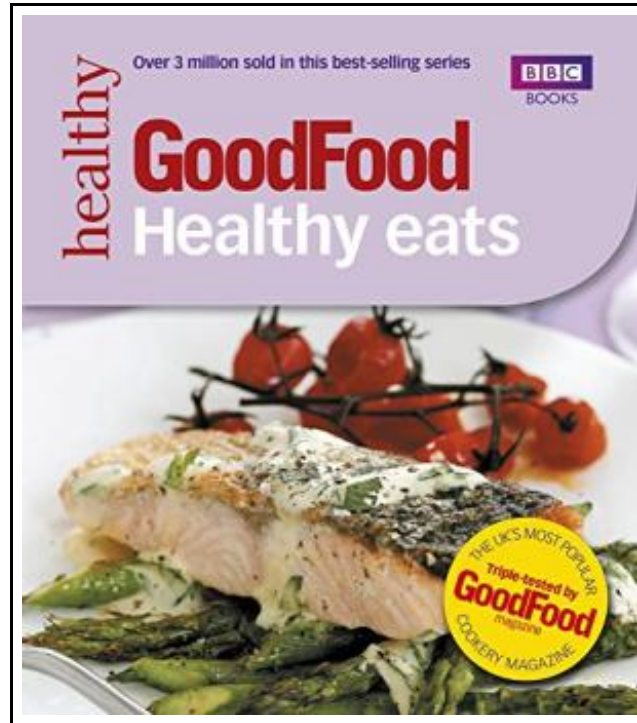


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(Garrett Adams)

GOOD FOOD: HEALTHY EATS: TRIPLE-TESTED RECIPES



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Good Food: Healthy Eats: Triple-tested Recipes, Jane Hornby, Looking after yourself doesn't mean you have to compromise on flavour. Nowadays, there is a huge choice of delicious ingredients that can be turned into a satisfying and nutritious meal with a little inspiration. In 101 Healthy Eats, the Good Food team prove you can really enjoy food that's good for you. This little cookbook is full of tasty low-fat recipes that are high in fibre and packed with vitamins and minerals. The choice of healthy recipes includes such tasty treats as Quick prawn and almond korma, Sticky maple pork with apples, Gnocchi with roasted squash and goat's cheese and even Crispy fish and chips with mushy peas! Healthy eating doesn't mean you can't enjoy a dessert or two so try tangy Red currant sorbet and indulgent Toffee apple pudding. Get inspiration from: Classics made healthy Healthy mid-week meals Side dishes and salads Healthy meals without meat Guilt-free entertaining Sweet and low Good Food is Britain's top-selling cookery magazine. With simple step-by-step instructions, and a full-colour photograph and nutritional breakdown to accompany each recipe, you can cook nourishing food with complete confidence.



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