

# Beetroot And Butterbean Hummus

IF YOU ALLY NEED SUCH A REFERRED **BEETROOT AND BUTTERBEAN HUMMUS** BOOK THAT WILL HAVE ENOUGH MONEY YOU WORTH, ACQUIRE THE TOTALLY BEST SELLER FROM US CURRENTLY FROM SEVERAL PREFERRED AUTHORS. IF YOU DESIRE TO WITTY BOOKS, LOTS OF NOVELS, TALE, JOKES, AND MORE FICTIONS COLLECTIONS ARE ALONG WITH LAUNCHED, FROM BEST SELLER TO ONE OF THE MOST CURRENT RELEASED.

YOU MAY NOT BE PERPLEXED TO ENJOY EVERY BOOKS COLLECTIONS BEETROOT AND BUTTERBEAN HUMMUS THAT WE WILL NO QUESTION OFFER. IT IS NOT REGARDING THE COSTS. ITS NOT QUITE WHAT YOU OBSESSION CURRENTLY. THIS BEETROOT AND BUTTERBEAN HUMMUS, AS ONE OF THE MOST INVOLVED SELLERS HERE WILL COMPLETELY BE ACCOMPANIED BY THE BEST OPTIONS TO REVIEW.

**THE PLANT-BASED FAMILY COOKBOOK** CLAIRE SWIFT 2021-12-21 Nourish Your Family with Vibrant Plant-Based Meals Join Claire Swift and Sarah Biagetti, Moms and Founders of Healthy Twists, as they teach you how to satisfy the entire family with tons of wholesome and nutritious vegan meals. Their innovative plant-based twists on family recipes will deliver flavorful meals to your table. With a wide variety of gluten-free and allergen-friendly recipes, this cookbook is guaranteed to cater to all the dietary needs of your family! Looking for a quick weekday meal? Whip together some Crispy Tofu Nuggets for the kids before heading off to soccer practice! Craving a sweet Sunday brunch? Try Claire and Sarah's Apple Waffles, layered with berries and chocolate spread. Save those precious weeknight hours and blow away your family with one of Claire and Sarah's batch-cooked freezer recipes. From a hearty Cottage Pie with Cauliflower and Potato Mash to Smoky Black Bean-Loaded Fajitas, there's no shortage of delicious mid-week meals. Enjoy weekend baking sessions with your kids creating any of the delicious cakes, bakes and desserts—from birthday showstoppers to easy snacks and tantalizing desserts. Whether you're looking to commit to a vegan lifestyle, introduce your kids to more plant-based meals or simply balance out your family's diet, this cookbook contains all the inspiration you need for satisfying feel-good meals.

**WEAN IN 15** JOE WICKS 2020-05-14 Wean your baby with help from record-breaking cookbook author and proud dad Joe Wicks, the nation's favourite PE teacher. \* ALL THE RELIABLE INFORMATION YOU NEED TO WEAN YOUR BABY FROM FIRST FOODS TO ENJOYING FAMILY MEALTIMES. \* PACKED WITH SIMPLE AND TRUSTWORTHY IDEAS JOE HAS DRAWN FROM HIS EXPERIENCE OF WEANING HIS DAUGHTER, INDIE, COMBINED WITH EXPERT GUIDANCE FROM A LEADING REGISTERED NUTRITIONIST. \* FEATURES ONE HUNDRED DELICIOUS, HEALTHY AND BALANCED RECIPES, FROM FINGER FOODS AND PURÉES TO ADAPTING YOUR OWN FAVOURITE MEALS. JOE WICKS IS RESPONSIBLE FOR GETTING THE NATION MOVING WITH HIS INCREDIBLE RECORD-BREAKING FAMILY-FRIENDLY WORKOUTS. NOW HE'S TURNED HIS ATTENTION TO MAKING WEANING – A DAUNTING PROSPECT FOR ALL PARENTS – A HAPPY AND ENJOYABLE TIME FOR THE WHOLE FAMILY. WHETHER YOU'RE A FIRST-TIME PARENT OR NOT, WEAN IN 15 GUIDES YOU TOWARDS GETTING THE BEST FOR YOUR LITTLE ONE, FROM FIGURING OUT WHEN TO START WEANING AND HOW MUCH FOOD YOUR CHILD NEEDS, TO ADAPTING YOUR OWN MEALS FOR YOUR CHILD. JOE KNOWS HOW DIFFICULT IT CAN BE TO MANAGE YOUR TIME, SO HE ALSO SHOWS YOU HOW TO PREP LIKE A BOSS WITH SHOPPING LISTS AND FREEZABLE ITEMS. WITH ONE HUNDRED TASTY RECIPES SPLIT INTO AGE STAGES, EXPERT HELP WITH NUTRIENTS, ALLERGIES, SUPPLEMENTS AND FUSSY EATERS, AS WELL AS KNOWING HOW TO UNDERSTAND YOUR CHILD'S SIGNALS, THIS IS THE ONLY WEANING GUIDE YOU WILL EVER NEED TO LAY THE FOUNDATION FOR A LIFETIME OF HEALTHY, HAPPY EATING.

**EAT THE RAINBOW** HARRIET PORTERFIELD 2023-03-21 In this sumptuous book, vegan specialist Harriet Porterfield, creator of Bo's Kitchen, presents delicious and nutrient-filled recipes which are bursting with colour to enrich your body and nourish your soul. Eating the rainbow is a natural rule of life; we are always told that the more colours in your diet, the better for you it will be. This is because different plants contain different pigments, or phytonutrients, and the more vibrant their colour, the more of these nutrients they contain! Bo's Kitchen has transformed this lesson into a bright and beautiful invitation to embrace nature's natural menu with mindful eating tips and eco, ethical and wellness insights, turning the holistic hues of the rainbow into delicious and nutritious recipes that look and taste great. From moon milk and galaxy donuts to sunshine pizza and rainbow buddha bowls, her expertise as a recipe developer and food stylist make this conscious cookbook a tasty and nutritious must-have for any holistic kitchen shelf. Eat the Rainbow contains sections on: Bright breakfasts, smoothies and juices, from dreamy blue coconut shakes to chia and beetroot mousse parfaits and rye aquafaba rainbow waffles. Magical meals for on the go, like the green goddess tart, sushi sandwiches with pickled beetroot or sweet and spicy pho. Kaleidoscope salads, sides and appetisers to bring colour to your day, like the avocado maki, sesame and spinach rice balls or the rhubarb, strawberries and cherries galettes. Hearty helpings to warm your soul, like golden masala roti with curried carrot falafel or roasted pepper pasta with crispy spiced chickpeas. Diamond desserts for the sweet-toothed, including matcha and blackberry curd tarts and raw vanilla donuts with blueberry cashew frosting. Eating the bright and colourful bounty of nature's harvest is a great way to boost your body's immunity, improve your mood and connect with the goodness of the natural world. Choose nature's naturally colourful and nutrient-rich ingredients to create vibrant plant-based food that's delicious, playful and so good for you too. Conscious cooking is the future!

**MINDFUL KITCHEN** HEATHER THOMAS 2019-10-01 An environmental foodie on a holistic path, Heather is mindfully committed to creating positive change, nurturing nature connection, and transforming the way we eat. Part practical, part meditative, The Mindful Kitchen infuses the everyday with simple nature-related rituals to reinforce thoughts as positive actions—creating focus, awareness and translating intent into lifestyle. Bite-size philosophical notes, meaningful questions, joyful rituals, and an abundant feast of vegetarian recipes

ARE MINDFULLY STIRRED TOGETHER IN THIS NEW-WAVE COOKBOOK. OFFERING OVER 100 SEASONAL RECIPES, THIS BEAUTIFULLY ILLUSTRATED CULINARY GO-TO ENCOURAGES YOU TO MAKE MINDFUL CHOICES THROUGH HOW AND WHAT YOU EAT. ADD EMPOWERING FLAVORS FOR WELLBEING — INSPIRATION, CURIOSITY, AND AWARENESS — AND THIS IS DESTINED TO BE A MUST HAVE IN EVERY KITCHEN LIBRARY. WITH FRESH TAKES ON OLD FAVOURITES, AND NEW DISHES TO TICKLE THE TASTE BUDS, THERE'S A RECIPE FOR EVERY SEASON. RANGING FROM A CLASSIC BUBBLE AND SQUEAK, TO A REFRESHING ELDERFLOWER CHAMPAGNE, RECIPES INCLUDE: LEEK AND HAZELNUT RISOTTO; PUMPKIN COCONUT SOUP; PRESERVED PIZZA; ZERO WASTE VEGGIE STOCK; RHUBARB AND LENTIL CURRY; OATMEAL HONEY BREAD; AND APPLE CAKE LASAGNE.

**PINCH OF NOM** KAY ALLINSON 2019-03-21 THE #1 FASTEST SELLING NON-FICTION BOOK IN THE UK SLIMMING FOOD HAS NEVER TASTED SO GOOD; THE MUST-HAVE FIRST COOKBOOK FROM THE UK'S MOST VISITED FOOD BLOG. SHARING DELICIOUS HOME-STYLE RECIPES WITH A HUGELY ENGAGED ONLINE COMMUNITY, PINCH OF NOM HAS HELPED MILLIONS OF PEOPLE TO COOK WELL AND LOSE WEIGHT. THE PINCH OF NOM COOKBOOK CAN HELP NOVICE AND EXPERIENCED HOME COOKS ENJOY EXCITING, FLAVOURFUL AND SATISFYING MEALS. ACCESSIBLE TO EVERYONE BY NOT INCLUDING DIET POINTS, ALL OF THESE RECIPES ARE COMPATIBLE WITH THE PRINCIPLES OF THE UK'S MOST POPULAR DIET PROGRAMMES. THERE ARE A HUNDRED INCREDIBLE RECIPES IN THE BOOK, THIRTY-THREE OF WHICH ARE VEGETARIAN. EACH RECIPE HAS BEEN TRIED AND TESTED BY TWENTY PINCH OF NOM COMMUNITY MEMBERS TO ENSURE IT IS HEALTHY, FULL OF FLAVOUR AND INCREDIBLY EASY TO MAKE. WHETHER IT'S CUMBERLAND PIE, MEDITERRANEAN CHICKEN ORZO, MEXICAN CHILLI BEEF OR CHICKEN BALTI, THIS FOOD IS SO GOOD YOU'LL NEVER GUESS THE CALORIE COUNT. THIS BOOK DOES NOT INCLUDE 'VALUES' FROM MAINSTREAM DIET PROGRAMMES AS THESE ARE EVERCHANGING. INSTEAD THE RECIPES ARE LABELLED WITH HELPFUL ICONS TO GUIDE YOU TOWARDS THE ONES THAT SUIT YOU BEST – WHETHER YOU'RE LOOKING FOR SOMETHING VEGGIE, FANCY A FAKEAWAY, WANT TO FEED A FAMILY OF FOUR OR HAVE LIMITED TIME TO SPARE. KATE ALLINSON AND KAY FEATHERSTONE OWNED A RESTAURANT TOGETHER IN THE WIRRAL, WHERE KATE WAS HEAD CHEF. TOGETHER THEY CREATED THE PINCH OF NOM BLOG WITH THE AIM OF TEACHING PEOPLE HOW TO COOK. THEY BEGAN SHARING HEALTHY, SLIMMING RECIPES AND TODAY PINCH OF NOM IS THE UK'S MOST VISITED FOOD BLOG WITH AN ACTIVE AND ENGAGED ONLINE COMMUNITY OF OVER 1.5 MILLION FOLLOWERS. SHOWING THAT DIETING SHOULD NEVER BE A BARRIER TO GOOD FOOD, PINCH OF NOM IS THE GO-TO HOME COOKBOOK FOR MOUTHWATERING MEALS THAT TICK ALL THE BOXES.

**EAT GREEN** MELISSA HEMSLEY 2020-01-09 'A DELICIOUS AND MUCH-NEEDED NUDGE TOWARDS A HEALTHIER AND MORE SUSTAINABLE KITCHEN' HUGH FEARNLEY-WHITTINGSTALL 'MORE THAN A RECIPE BOOK, THIS IS A GUIDE FOR HOW TO SHOP AND EAT NOW!' SKYE GYNGELL FOREWORD BY GUY SINGH-WATSON, FARMER AND FOUNDER OF RIVERFORD. BESTSELLING AUTHOR AND HOME COOK, MELISSA HEMSLEY GIVES YOU OVER 100 RECIPES THAT FOCUS ON UK-GROWN, EASY-TO-BUY INGREDIENTS, CUTTING DOWN ON FOOD WASTE AND PUTTING FLAVOUR FIRST. EAT GREEN IS A HELPING HAND TOWARDS EATING A LOT MORE VEGETABLES IN A WAY EVERYONE CAN ENJOY TOGETHER. THESE VEG-PACKED AND VEG-CENTRIC RECIPES ARE EASY TO MAKE AND PERFECT FOR THE WHOLE FAMILY. CHAPTERS INCLUDE: ONE POT AND ONE TRAY; COOK NOW, EAT LATER; FAMILY FAVOURITES; AND 30 MINUTES OR LESS. SIMPLE SWAPS MEAN THAT MEAT AND FISH CAN BE ADDED IN OR TAKEN AWAY, SO EVERYONE CAN ENJOY A DELICIOUS MEAL, WHETHER THEY ARE VEGAN, VEGETARIAN, ENJOYING A MEAT-FREE MONDAY OR SOMETHING IN BETWEEN. MELISSA'S DOWN-TO-EARTH APPROACH TO JOYFUL EATING ENCOURAGES US TO COOK HEALTHY FOOD FROM SCRATCH WHILE BEING MINDFUL OF LIFE'S PRESSURES AND TIME CONSTRAINTS. EAT GREEN INCLUDES PLENTY OF: - EASY SWAPS TO USE UP FOOD YOU HAVE TO HAND AND REINVENT YOUR LEFTOVERS - BATCH COOKING ADVICE AND MEALS TO STOCK UP YOUR FREEZER - QUICK 30-MINUTE MIDWEEK DINNERS AND ONE-POT MEALS - MAKE-AHEAD PACKED LUNCHES FOR WORK OR WEEKEND TRIPS - FAMILY-FRIENDLY DISHES AND HEALTHY SPINS ON COMFORT FOOD FAVOURITES - IDEAS FOR USING UP ODDS AND ENDS THAT YOU MIGHT USUALLY THROW AWAY EAT GREEN CELEBRATES THE PLEASURE OF REALLY GOOD FOOD ANYONE CAN COOK AND EVERYONE CAN SAVOUR.

**SUPER NATURAL** SARAH GRAHAM 2020-02-01 SUPER NATURAL PIVOTS AROUND AN ABUNDANCE OF VEGETABLES AND NATURAL, WHOLE FOODS, CELEBRATING SEASONAL PRODUCE, GOOD FATS AND WHOLE GRAINS, PULSES AND LEGUMES, AND FOODS THAT ARE ALMOST ENTIRELY FREE OF REFINED CARBOHYDRATES AND SUGARS. BEST OF ALL, THE RECIPES ARE ACCESSIBLE, EASY, BUDGET FRIENDLY, BEAUTIFUL AND DELICIOUS. AND FOR SARAH GRAHAM'S LOYAL ARMY OF FANS, SUPER NATURAL IS A GUIDE TO LIVING WELL AND EATING MINDFULLY – A CONTINUUM OF HER HIGHLY POPULAR COOKBOOK WHOLESOME, WHICH IS HEADING TOWARDS ITS FIFTH PRINTING. BESIDES THE HEALTH BENEFITS OF EATING MORE VEGETABLES AND, ULTIMATELY, FEWER ANIMAL PRODUCTS, SARAH ALSO HAS A MORE ALTRUISTIC MOTIVE, THAT OF CARING FOR OUR PLANET AND BEING MORE AWARE OF WHERE OUR FOOD COMES FROM AND HOW OUR EATING IMPACTS OUR WORLD.

**TWOCHUBBYCUBS THE COOKBOOK** JAMES ANDERSON 2020-01-02 AS SEEN ON ITV'S SAVE MONEY: LOSE WEIGHT! \*OFFICIAL SUNDAY TIMES BESTSELLER!\* THIS MUST-HAVE, DELICIOUS DEBUT COOKBOOK FROM THE DUO BEHIND ONE OF THE UK'S MOST POPULAR SLIMMING BLOGS, TWOCHUBBYCUBS, AKA JAMES AND PAUL ANDERSON – WITH 100 AMAZING, HEALTHY YET FILLING RECIPES, ALL ELEGANTLY PRESENTED AND BEAUTIFULLY PHOTOGRAPHED AND EACH SPRINKLED WITH A MINI-BLOG OF TOTAL NONSENSE. JAMES AND PAUL WILL GIVE YOU A NEWFOUND CONFIDENCE TO GET COOKING AND HAVE YOU LAUGHING

ALONG THE ROAD TO WEIGHT LOSS. FANCY THAT?! INCLUDES: - 100 TASTY, SLIMMING MEALS - TRIED, TESTED AND LOVED BY THE TWOCHUBBYCUBS - WITH 90 BRAND NEW RECIPES AND 10 UPDATED CLASSICS FROM THE BLOG. - THIS IS FUSS-FREE, RELIABLE AND FILLING PROPER FOOD YOU'LL ENJOY EATING, THAT HELPED THE CUBS SHED OVER 18 STONE BETWEEN THEM AND IT NEVER ONCE FELT LIKE A CHORE. - THERE'S BANGING BREAKFASTS, LUNCHES TO KEEP HUNGER LOCKED UP AND MOUTH-WATERING DINNERS - PLUS FAKEAWAYS, LIGHTER TAKES ON YOUR FAVOURITES AND SNACKS, SIDES AND DESSERTS. - THEY'VE EVEN ADDED 'AN OCCASIONAL BLOW-OUT' CHAPTER - THOSE DELECTABLE DISHES FOR ONCE IN A BLUE MOON!

*THE KIND EARTH COOKBOOK* ANASTASIA EDEN 2019-08 THE KIND EARTH COOKBOOK IS A PLANT-BASED JOURNEY OF EXTRAORDINARY CULINARY DELIGHT WHERE YOU'LL FIND ENERGISING BREAKFASTS, DELECTABLE SNACKS, VIBRANT SALADS, NOURISHING DIPS, SCRUMPTIOUS VEGAN BURGERS, MAIN MEALS THAT EVERYONE WILL LOVE, AND DESSERTS TO DELIGHT YOUR SOUL.

**COMPTOIR LIBANAIS** TONY KITOUS 2013-09-12 FOR OVER A DECADE TONY KITOUS HAS BEEN BRITAIN'S MOST PASSIONATE PROVIDER OF CONTEMPORARY LEBANESE AND NORTH AFRICAN FOOD. HIS RESTAURANTS WERE THE FIRST IN LONDON TO MERGE TRADITIONAL ARABIC COOKING WITH EASY CONTEMPORARY EATING. THERE ARE NOW SEVEN COMPTOIR LIBANAIS RESTAURANTS IN LONDON WITH MORE PLANNED IN THE NEXT 18 MONTHS. THE SUCCESS OF COMPTOIR LIBANAIS RESTAURANTS CENTRES ON AN EASY, RELAXED CAFE-STYLE OF FOOD: LIGHT ARABIC HOME COOKING MIXED WITH FAMILIAR BISTRO FLAVOURS AND TECHNIQUES. TONY KITOUS' RECIPES COMBINE FRESH VIBRANT VEGETABLE DISHES WITH SIMPLE GRILLS, FLAT BREADS, GRAINS, HERB SALADS AND DIPS. PASTRIES ARE RICHLY FLAVOURED AND DELICATE, MADE WITH SYRUPS AND SPICES. ABSOLUTELY THE MENU FOR TODAY AND ADAPTABLE FOR THE HOME COOK. CONTAINING EIGHTY RECIPES, EACH ONE WITH A FULL-PAGE PHOTOGRAPH, COMPTOIR LIBANAIS MAKES ACHIEVING A GREAT RESULT EASY AT HOME. TONY KITOUS' APPROACH AND SHORTCUTS INSPIRE NEW WAYS TO PREPARE READILY-AVAILABLE INGREDIENTS: BIG ON SPICES, FRESH HERBS AND BRIGHT CITRUS FLAVOURS DRAWN FROM TRADITIONAL ARABIC COOKING. THE BOOK IS STRONG ON VEGETARIAN AND VEGAN DISHES, ALONGSIDE SIMPLE GRILLED OR POACHED MEATS, FISH AND BEAUTIFUL SAUCES THAT ARE QUICK TO PREPARE OR MAKE IN ADVANCE. IF YOU WANT A QUICK SNACK FOR YOURSELF, OR AN EXTRAORDINARY CELEBRATION FEAST, ALL THE HOW-TO YOU'LL NEED IS HERE. BRINGING TOGETHER THE PASSION OF OWNER TONY KITOUS, THE EXTRAORDINARY DESIGNS OF AWARD-WINNING GRAPHIC ARTIST RANA SALAM, AND BESTSELLING AUTHOR AND PHOTOGRAPHER DAN LEPARD, THE COMPTOIR LIBANAIS COOKBOOK BLENDS A VIBRANT CULINARY TRADITION WITH MODERN FLAVOURS AND COOKING METHODS

**MORITO** SAMANTHA CLARK 2014-05-01 AS THE LITTLE SISTER OF MORO, MORITO HAS BEEN SERVING DELICIOUS AND INNOVATIVE TAPAS AND MEZZE IN THE HEART OF LONDON'S EXMOUTH MARKET FOR OVER THREE YEARS. MORITO'S CRACKED PLASTER WALLS AND STRIKING BRIGHT ORANGE FORMICA BAR CREATE A SPACE THAT IS RELAXED AND WELCOMING BUT ALSO EDGY AND COOL, DESCRIBED BY TIMES CRITIC GILES COREN AS, "SIMULTANEOUSLY SUPERCOOL AND MODEST, AND AS MUCH LIKE A BRILLIANT LITTLE BACKSTREET PLACE IN SPAIN AS YOU'LL FIND IN THIS COUNTRY." SAM AND SAM CLARK'S LITTLE GEM OF A TAPAS BAR PACKS A BIG CULINARY PUNCH, ATTRACTING CRITICAL ACCLAIM AND CONSTANT QUEUES. NOW, WITH THE PUBLICATION OF THE COOKBOOK OF THIS HUGELY SUCCESSFUL RESTAURANT, MORITO'S SMALL PLATES CAN BE COOKED, EATEN AND SHARED AT HOME. PHOTOGRAPHED OVER THE COURSE OF TWO YEARS OFTEN BY MEMBERS OF THE MORITO TEAM - THE PAGES OF THE BOOK INVITE YOU IN TO CELEBRATE AND SHARE THE SPECIAL CHARACTER AND ATMOSPHERE OF MORITO, WHICH PEOPLE OFTEN SAY 'HITS YOU LIKE A WALL OF JOY'. THERE ARE OVER 150 SIMPLE AND SEASONAL RECIPES ARRANGED IN 10 CHAPTERS. CHOOSE FROM (BREADS) ZA'ATAR FLATBREADS, (PINCHOS) ANCHOVY, PICKLED CHILLI AND OLIVE GILDA, (MONTADITOS) CRAB TOASTS WITH OLOROSO SHERRY, (EGGS AND DAIRY) HUEVOS ROTOS - BROKEN EGGS WITH CHORIZO AND POTATO, (VEGETABLES) BEETROOT BORANI WITH FETA, DILL AND WALNUTS OR CRISPY CHICKPEAS WITH CHOPPED SALAD, (FISH) SEA BASS CEVICHE WITH SEVILLE ORANGE, OR BLACK RICE WITH PRESERVED LEMON, (MEAT) LAMB CHOPS MECHOUJ WITH CUMIN OR SMOKED AUBERGINE WITH SPICED LAMB AND CHILLI BUTTER, AS WELL AS A HANDFUL OF CLASSIC MORITO PUDDINGS AND DRINKS. 'YOU'LL WANT TO GRAZE YOUR WAY AROUND CHEF MARIANNA LEIVADITAKI'S FOOD, WHICH TAKES PAINSTAKINGLY SOUGHT-OUT INGREDIENTS (TRY THE PISTACHIOS FROM GAZIANTEP IN TURKEY TO TASTE WHAT YOU'VE REALLY BEEN MISSING) AND INCORPORATES THEM INTO SHARING PLATES YOU REALLY WON'T WANT TO SHARE.'- FOODISM, JUNE 2016 'EATING AT MORITO IS LIKE A JOURNEY OF DISCOVERY - OF FLAVOURS, TEXTURES AND COMBINATIONS OF INGREDIENTS.'- BLANCHE VAUGHAN, JUNE 2016 'MORITO'S MENU READS LIKE AN EXOTIC DREAM AND DOESN'T DISAPPOINT.'- RESTAURANT MAGAZINE JUNE 2016

**THE PART-TIME VEGAN** SARAH FLOWER 2018-12-27 MANY PEOPLE ARE INTRIGUED BY THE CURRENT TREND FOR VEGANISM. THIS BOOK IS FOR ALL THOSE WHO WANT TO 'HAVE A GO' - WHETHER IT'S SIMPLY TO IMPROVE THEIR DIET OR LIGHTEN THE LOAD ON THE PLANET - BUT WHO DON'T HAVE THE TIME OR THE INCLINATION TO FOLLOW A VEGAN DIET FULL TIME. THERE ARE NUMEROUS GLOSSY VEGAN COOKBOOKS (AND AUTHORS) EXTOLLING THE BENEFITS OF EVERYTHING FROM MAKING NUT MILKS TO REPLICATING THE TASTE OF CHEESE. THIS BOOK IS DIFFERENT. THE RECIPES IN THE PART-TIME VEGAN ARE STRAIGHTFORWARD, FEATURE READILY AVAILABLE INGREDIENTS AND ARE, OF COURSE, DELICIOUS, BECAUSE THEY ARE BASED ON THE BEST SIMPLE, NATURAL FLAVOURS THAT NATURE HAS TO OFFER. AS WELL AS PROVIDING RECIPES FOR MIDWEEK AND WEEKEND BREAKFASTS, LUNCHES AND MAIN MEALS, THE BOOK COVERS WHY BEING A PART-TIME VEGAN IS A GREAT APPROACH TO HEALTH - WHEN WE BALANCE VEGAN RECIPES WITH HIGH-QUALITY SOURCES NON-PROCESSED MEAT, FISH AND DAIRY. AFTER ALL, VARIETY IS KEY TO A HEALTHY DIET.

**SIMPLY GOOD FOR YOU** AMELIA FREER 2019-12-26 LOOKING AFTER YOURSELF HAS NEVER BEEN EASIER OR MORE STRAIGHTFORWARD THAN WITH AMELIA'S FREER'S SIMPLY GOOD FOR YOU - OVER A HUNDRED DELICIOUS, QUICK AND NON-NONSENSE RECIPES THAT ARE AS HEALTHY AS THEY ARE TASTY '100 LIGHT & COLOURFUL RECIPES. TASTY STUFF' METRO 'ONE OF THE BEST HEALTHY COOKBOOKS' MAIL ONLINE THE DELICIOUS NEW COOKBOOK FROM THE NO. 1 BESTSELLING AUTHOR AND LEADING NUTRITIONIST AMELIA FREER \_\_\_\_\_ AMELIA FREER IS A NO. 1 SUNDAY TIMES BESTSELLING AUTHOR AND RENOWNED NUTRITIONAL THERAPIST, WHO A-LISTERS TURN TO WHEN THEY WANT TO LOOK AND FEEL GREAT. IN THIS BEAUTIFUL COOKBOOK, DISCOVER 100 QUICK AND EASY RECIPES FOR VARIED AND TEMPTING DISHES THAT ARE, QUITE SIMPLY, GOOD

FOR YOU. RECIPES INCLUDE: · BREAKFAST - BUTTERNUT BAKED BEANS, FRUITY BREAKFAST CRUMBLE BARS · LUNCH - LENTIL & LEMON CHICKEN SALAD, VEGETABLE & FETA FRITTERS · DINNER - HARISSA PRAWN SKEWERS WITH HERBED BROCCOLI RICE, SLOW COOKED PULLED PORK WITH APPLE SLAW, ONE TRAY ROASTED WINTER SALAD · SWEET THINGS - CHOCOLATE RASPBERRY POTS, COCONUT & ALMOND PEAR CRUMBLE INSIDE YOU'LL ALSO FIND LOTS OF TOP TIPS FOR HEALTHY EATING ON A BUDGET, INGREDIENT SWAPS, AND KITCHEN STAPLES. 10% OF THE AUTHOR'S PROCEEDS FROM THIS BOOK WILL BE DONATED TO WOMEN SUPPORTING WOMEN, AN INITIATIVE OF THE PRINCE'S TRUST, REGISTERED CHARITY NO. 1079675

**WEEKEND** MATT TEBBUTT 2021-11-17 FROM CASUAL FRIDAY NIGHT DINNER TO BRUNCH WITH FRIENDS, LIGHT LUNCHES AND GARDEN FEASTS, PICNICS AND BARBECUES, TO MORE LAVISH DINNER PARTIES AND THE CLASSIC SUNDAY LUNCH, MATT HAS ALL BASES COVERED. THE WEEKEND IS THE CHANCE TO KICK YOUR SHOES OFF AND RELAX OR, IF YOU LOVE A KITCHEN PROJECT, IT'S TIME TO SPEND PREPARING A SPECIAL MEAL FOR YOURSELF AND LOVED ONES TO ENJOY TOGETHER. MATT TEBBUTT IS USED TO SPENDING HIS SATURDAYS COOKING - AS THE HOST OF BBC TV'S SATURDAY KITCHEN, HE'S NEVER SHORT OF A FAST MEAL IDEA OR A MEAL FOR GUESTS THAT WILL IMPRESS. WITH 100 RECIPES, BEAUTIFUL PHOTOGRAPHY, AND SIMPLE YET INSPIRING DISHES, MAKE THE WEEKEND SPECIAL AGAIN WITH WEEKEND.

**REVERSE THE SIGNS OF AGEING** NIGMA TALIB 2015-11-05 FOR YEARS, WORLD RENOWNED NATUROPATHIC PRACTITIONER, NIGMA TALIB, HAS BEEN SOLVING SKIN PROBLEMS AND ANSWERING THE MILLION DOLLAR QUESTION, 'WHAT CAN I DO TO LOOK AND FEEL YOUNGER?' FROM EVERY DAY PATIENTS WITH CHRONIC SKIN CONDITIONS SUCH AS ACNE AND PSORIASIS, TO HIGH PROFILE NAMES WHO NEED TO LOOK PICTURE-PERFECT ON THE RED CARPET, NIGMA HAS SEEN THE POWERFUL RESULTS OF HER INSIDE-OUT APPROACH THAT STARTS WITH THE GUT. NOW, FOR THE FIRST TIME, SHE SHARES THE SECRETS TO YOUTHFUL-LOOKING SKIN IN HER COMPLETE, 360-DEGREE GUIDE THAT EVERYONE CAN ADOPT INTO THEIR EVERYDAY LIFE AND ENJOY. IN THIS EFFORTLESS, BUT EYE-OPENING JOURNEY, YOU'LL DISCOVER HOW TO MAKE A REMARKABLE DIFFERENCE TO: REJUVENATE AGEING SKIN REDUCE THE APPEARANCE OF FINE LINE, WRINKLES AND SAGGING SKIN SOLVE PERSISTENT SKIN PROBLEMS CONTROL HORMONES THAT COULD BE WREAKING HAVOC ON SKIN THIS IS NOT JUST AN ANTI-AGEING PLAN. THIS IS A NEW LIFE PLAN. WE CAN'T STOP THE CLOCK, BUT WE CAN TIP THE SCALES IN OUR FAVOUR.

**VEGAN LOVE** DAVID BEZ 2022-01-06 'BRAVE, BOLD COOKING THAT PUTS WHOLE VEGETABLES AT THE CENTRE OF YOUR PLATE. I WANT TO COOK (AND EAT) IT ALL.' - ANNA JONES DELICIOUS, EVERYDAY, PLANT-BASED CLASSICS. EACH RECIPE IN VEGAN LOVE HAS A VEGGIE AS THE STAR, TREATED AS YOU WOULD MEAT OR FISH - SO SLOW-COOKED, BAKED, ROASTED, PAN-FRIED OR GRILLED. EACH ONE ALSO CONSISTS OF THE SAME 4 COMPONENTS: A BIG VEGGIE (THE MAIN) + A PROTEIN SIDE (A PULSE OR GRAIN) + A SAUCE OR CREAM OR DRESSING + A TOPPING (HERBS AND CRUNCH) MANY CAN BE COOKED IN 30 MINUTES, NONE USE LESS-THAN-HEALTHY VEGAN SUBSTITUTES AND ALL ELEVATE VEGGIES TO THE NEXT LEVEL, SHOWING HOW SIMPLE AND TASTY THEY CAN BE. SEVERAL ARE ALSO ACCOMPANIED BY QR CODES FOR ONLINE TUTORIALS.

*ELLY PEAR'S FAST DAYS AND FEAST DAYS: EAT WELL. FEEL GREAT. ALL WEEK LONG.* ELLY CURSHEN 2016-04-07 SINCE OPENING THE HUGELY POPULAR PEAR CAFÉ NINE YEARS AGO, ELLY PEAR HAS BEEN ON A QUEST FOR GOOD FOOD AND NEW IDEAS. HAVING FOUND REAL RESULTS STICKING TO THE 5:2 WAY OF EATING, ELLY SHARES SOME OF HER FAVOURITE, MOST EXCITING MEAT-FREE RECIPES FOR EATING WELL AND ENJOYING FOOD ON BOTH FAST DAYS AND FEAST DAYS.

**MASTERCHEF GREEN** ADAM O'SHEPHERD 2021-05-06 AS COOKS, WHETHER THAT BE IN A PROFESSIONAL OR HOME KITCHEN, THERE IS ONE GOAL THAT MANY OF US ARE TRYING TO ACHIEVE RIGHT NOW: TO COOK MORE SUSTAINABLY, TO WASTE LESS AND TO HAVE A LIGHTER FOOTPRINT ON OUR ENVIRONMENT. TO COOK GREENER. A BIG STEP IN ACHIEVING THIS IS FOR US ALL TO MAKE THE STEP TOWARDS A MORE VEGETABLE-LED DIET, AND THIS BOOK IS PACKED WITH A COMPREHENSIVE SELECTION OF VEGETARIAN RECIPES, INCLUDING A LARGE NUMBER WHICH ARE SUITABLE FOR VEGANS. ACCESSIBLE AND SIMPLE, YET UTTERLY DELICIOUS, THE 100 RECIPES WITHIN THESE PAGES WILL DELIGHT HOME COOKS AND EMBODY THE MASTERCHEF PHILOSOPHY OF 'ORDINARY PEOPLE COOKING EXTRAORDINARY FOOD'. WHETHER IT'S A QUICK AND SIMPLE DINNER USING WHATEVER YOU MIGHT HAVE AT HAND OR A WEEKEND FEAST TO SHOW OFF YOUR MASTERCHEF SKILLS, THERE IS SOMETHING FOR EVEN THE HUNGRIEST OF CARNIVORES IN THESE PAGES. WITH CONTRIBUTIONS FROM 10 MASTERCHEF CHAMPIONS FROM AROUND THE WORLD, RECIPES INCLUDE: SMASHED BROAD BEAN AND PEAS ON SOURDOUGH WITH GOAT'S CHEESE, DUKKAH AND MINT PUY LENTIL SALAD WITH CHARRED TENDERSTEM BROCCOLI AND MISO DRESSING AUBERGINE SCHNITZEL WITH FENNEL, CHILLI AND YOGHURT COLESLAW MUSHROOM AND LENTIL LASAGNE ... AND MANY MORE. EACH AND EVERY RECIPE WILL BE COMPLEMENTED WITH A STUNNING PHOTOGRAPH, AND A BEAUTIFUL, FRESH BOOK DESIGN WILL ENSURE THIS IS SOMETHING THAT EVERYONE, FROM MEAT-LOVERS TO VEGANS, WANT TO HAVE ON THEIR SHELVES.

**DELICIOUSLY ELLA EVERY DAY** ELLA WOODWARD 2016-04-05 ORIGINALLY PUBLISHED: LONDON: YELLOW KITE, AN IMPRINT OF HODDER & STOUGHTON, AN HACHETTE UK COMPANY, 2016.

**EATING FAT WILL MAKE YOU FAT** SARAH SCHENKER 2018-12 IN THIS BOOK YOU WILL LEARN THE TRUTH BEHIND THE BIGGEST HEALTH AND BODY MYTHS OF OUR TIMES. USING THE LATEST RESEARCH, DR SARAH SCHENKER DEBUNKS SCAREMONGERING HEADLINES AND EXPLAINS WHAT IS REALLY GOING ON INSIDE YOUR BODY WHEN YOU EAT, DRINK, AND EXERCISE. YOU WILL FIND OUT WHY BREAKFAST IS NOT THE MOST IMPORTANT MEAL OF THE DAY; WHICH "HEALTHY" FATS YOU SHOULD ACTUALLY AVOID; AND WHAT BEING THIRSTY REALLY MEANS FOR YOUR HYDRATION. AND IF YOU'RE LOOKING FOR GUIDANCE ON POSITIVE CHANGE, THIS BOOK OFFERS HEALTH TIPS THAT ARE ROOTED IN SCIENTIFIC FACT.

**BERBER & Q** JOSH KATZ 2018-05-31 DITCH BURNT, JOYLESS BURGERS FOR BOLD, FLAVOURSOME AND WONDERFULLY SURPRISING BARBECUE FOOD 'PACKED WITH OVER 120 TASTY AND TANTALISING BARBECUE RECIPES' - GREAT BRITISH FOOD HERE ARE OVER 120 OF THE VERY BEST, LIP-SMACKINGLY GOOD BARBECUE RECIPES FROM EX-OTTOLINGHI CHEF, JOSH KATZ. PERFECT FOR SHARING AND PAIRING IN DIFFERENT COMBINATIONS, ALL OF THE RECIPES ARE A CELEBRATION OF FLAVOUR. A BOOK THAT IS NOT JUST FOR MEAT-LOVERS, EQUAL STATUS IS GIVEN TO VEGETABLES SO THAT THEY ARE NEVER TREATED LIKE A SIDESHOW. INSTEAD EACH AND EVERY COMPONENT OF THE MEAL IS BIG, BOLD AND

COMPLETELY UNFORGETTABLE. MEATS, FISH AND VEGETABLES ARE LEFT TO MARINATE AND ARE THEN SMOKED, GRILLED, SLOW COOKED OR BURNT (ON PURPOSE); WHILE ESSENTIAL EXTRAS SUCH AS PUNCHY PICKLES, FIERY SAUCES, CREAMY DIPS AND FRESH SALADS ARE PREPARED AHEAD AND READY TO BE HEAPED ONTO THE PLATE. TAKING INSPIRATION FROM EAST TO WEST, FROM THE MODERN TO THE TRADITIONAL, THESE BARBECUE RECIPES ARE LIKE NOTHING YOU HAVE EVER ENCOUNTERED BEFORE – MASHING TASTES AND TECHNIQUES FROM NEW YORK, THE MIDDLE EAST, LONDON, NORTH AFRICA AND BEYOND. WITH RECIPES INCLUDING CAULIFLOWER SHAWARMA WITH POMEGRANATE, PINE NUTS AND ROSE; HARISSA HOT WINGS; BLACKENED HISPI CABBAGE WITH LEMON CRÈME FRAICHE; HONEYED PORK BELLY WITH PINEAPPLE SALSA; MONSTER PRAWNS WITH A PIL PIL SAUCE AND SAFFRON BUTTERMILK-FRIED CHICKEN WITH TAHINI GRAVY, YOU WILL BE INSPIRED TO GRAB A BAG OF CHARCOAL AND A LIGHTER, AND CREATE YOUR VERY OWN BARBECUE FEAST.

**OTTOLENGHI SIMPLE** YOTAM OTTOLENGHI 2018-09-06 THE SUNDAY TIMES AND NEW YORK TIMES BESTSELLER. WINNER AT THE NATIONAL BOOK AWARDS 2018 EVERYTHING YOU LOVE ABOUT OTTOLENGHI, MADE SIMPLE. YOTAM OTTOLENGHI'S AWARD-WINNING RECIPES ARE ALWAYS A CELEBRATION: AN UNFORGETTABLE COMBINATION OF ABUNDANCE, TASTE AND SURPRISE. OTTOLENGHI SIMPLE IS NO DIFFERENT, WITH 130 BRAND-NEW DISHES THAT CONTAIN ALL THE INVENTIVE ELEMENTS AND FLAVOUR COMBINATIONS THAT OTTOLENGHI IS LOVED FOR, BUT WITH MINIMAL HASSLE FOR MAXIMUM JOY. BURSTING WITH COLOURFUL PHOTOGRAPHY, OTTOLENGHI SIMPLE SHOWCASES YOTAM'S STANDOUT DISHES THAT WILL SUIT WHATEVER TYPE OF COOKING YOU FIND EASY – WHETHER THAT'S GETTING WONDERFUL FOOD ON THE TABLE IN UNDER 30 MINUTES, USING JUST ONE POT TO MAKE A DELICIOUS MEAL, OR A FLAVOURSOME DISH THAT CAN BE PREPARED AHEAD AND THEN SERVED WHEN YOU'RE READY. THESE BRILLIANT, FLAVOUR-FORWARD DISHES ARE ALL SIMPLE IN AT LEAST ONE (BUT VERY OFTEN MORE THAN ONE) WAY: S – SHORT ON TIME: LESS THAN 30 MINUTES | I – 10 INGREDIENTS OR LESS | M – MAKE AHEAD | P – PANTRY | L – LAZY | E – EASIER THAN YOU THINK OTTOLENGHI SIMPLE IS THE STUNNING NEW COOKBOOK WE HAVE ALL BEEN WISHING FOR: YOTAM OTTOLENGHI'S VIBRANT FOOD MADE EASY.

**THE GUT HEALTH DOCTOR** MEGAN ROSSI 2019-09-19 ARE YOU AWARE YOU SHOULD BE TAKING CARE OF YOUR GUT, BUT DON'T KNOW WHERE TO START? FEEL LIKE YOU EAT A BALANCED DIET BUT CONSTANTLY SUFFER FROM FOOD COMAS AND BLOATING? OR PERHAPS YOU'RE JUST INTERESTED IN FINDING OUT THE BEST WAY TO EAT FOR OPTIMAL HEALTH? DR MEGAN ROSSI FINALLY UNCOVERS THE ANSWERS TO THESE MOST GOOGLED GUT-HEALTH QUESTIONS IN HER DEBUT BOOK, THE GUT HEALTH DOCTOR. DRAWING FROM THE LATEST SCIENTIFIC RESEARCH, DR ROSSI SHOWS US HOW UNDERSTANDING YOUR GUT CAN HELP WITH SUCCESSFUL WEIGHT MANAGEMENT, IMPROVED MOOD AND FITNESS LEVELS, HEALTHIER SKIN AND BOOSTED IMMUNITY. BUSTING MYTHS AROUND GOOD GUT HEALTH AND EVEN OFFERING ADVICE ON HOW TO CHECK YOUR POO, DR ROSSI SHOWS HOW SLEEPING, RELAXING AND EXERCISING WILL HAVE A SURPRISING IMPACT ON YOUR GUT HEALTH, OFFERING EASY HACKS TO SUPER-CHARGE YOUR DIGESTIVE HEALTH AND BEAT THE BLOAT. PACKED WITH DELICIOUS GUT-BOOSTING MEAL IDEAS, TIPS FOR HOW TO ASSESS YOUR OWN GUT HEALTH AND ADVICE ON HOW TO DIAGNOSE FOOD INTOLERANCES AND DEAL WITH COMMON GUT COMPLAINTS, TAKE HOME THIS EASY-TO-DIGEST BIBLE OF GUT HEALTH THAT PROMISES TO MAKE YOU HAPPIER AND HEALTHIER FROM THE INSIDE OUT.

**COOK: FOOD TO SHARE** DEAN BRETTSCHEIDER 2019-09-15 GOOD FOOD BRINGS PEOPLE TOGETHER AND NOBODY KNOWS THAT BETTER THAN DEAN BRETTSCHEIDER AND HIS TEAMS AT BAKER & COOK AND BRETTSCHEIDER'S BAKING & COOKING SCHOOL. DEAN'S IRRESISTIBLE RANGE OF PASTRIES, CAKES AND MEALS — SERVED UP AT HIS BAKERIES AND TAUGHT AT HIS COOKING SCHOOL — DRAW PEOPLE TOGETHER, AND HE SHARES MANY OF THESE FAVOURITE RECIPES IN THIS BOOK. WITH NUTRIENT-PACKED BREAKFASTS, TASTY LIGHT BITES, HEARTY ONE-POT WONDERS AND THE BEST FLAVOURS FROM EAST AND WEST, THIS COLLECTION OF MORE THAN 70 TRIED-AND-TESTED RECIPES IS A MUST-HAVE FOR ANYONE WHO ENJOYS COOKING AND EATING GOOD FOOD. CAREFULLY WRITTEN WITH CLEAR AND DETAILED STEPS, THE RECIPES WILL GUIDE HOME COOKS TO RECREATE THESE DISHES TO SHARE WITH FAMILY AND FRIENDS.

**THE FAST 800** DR MICHAEL MOSLEY 2018-12-27 FROM THE CREATOR OF THE INTERNATIONAL BESTSELLING 5:2, A SIMPLE, FLEXIBLE NEW WEIGHT LOSS PROGRAMME BASED ON GROUNDBREAKING SCIENCE 'THE MOST EAGERLY AWAITED HEALTH BOOK OF THE YEAR.' DAILY MAIL DR MICHAEL MOSLEY STARTED A HEALTH REVOLUTION WITH THE 5.2 FAST DIET, TELLING THE WORLD ABOUT THE INCREDIBLE POWER OF INTERMITTENT FASTING. IN THIS BOOK HE BRINGS TOGETHER ALL THE LATEST SCIENCE – INCLUDING A NEW APPROACH: TIME RESTRICTED EATING – TO CREATE AN EASY-TO-FOLLOW PROGRAMME. RECENT STUDIES HAVE SHOWN THAT 800 CALORIES IS THE MAGIC NUMBER WHEN IT COMES TO SUCCESSFUL DIETING – IT'S AN AMOUNT HIGH ENOUGH TO BE MANAGEABLE BUT LOW ENOUGH TO SPEED WEIGHT LOSS AND TRIGGER A RANGE OF DESIRABLE METABOLIC CHANGES. THE SECRET OF THIS NEW PROGRAMME IS THAT IT IS HIGHLY FLEXIBLE – DEPENDING ON YOUR GOALS, YOU CAN CHOOSE HOW INTENSIVELY YOU WANT TO DO IT. ALONG WITH DELICIOUS, LOW-CARB, MEDITERRANEAN-STYLE RECIPES AND MENU PLANS BY DR CLARE BAILEY, THE FAST 800 OFFERS AN EFFECTIVE WAY TO HELP YOU LOSE WEIGHT, IMPROVE MOOD AND REDUCE BLOOD PRESSURE, INFLAMMATION AND BLOOD SUGARS. TAKE YOUR FUTURE HEALTH INTO YOUR OWN HANDS.

**MY NEW ROOTS** SARAH BRITTON 2015-03-31 AT LONG LAST, SARAH BRITTON, CALLED THE “QUEEN BEE OF THE HEALTH BLOGS” BY BON APPÉTIT, REVEALS 100 GORGEOUS, ALL-NEW PLANT-BASED RECIPES IN HER DEBUT COOKBOOK, INSPIRED BY HER WILDLY POPULAR BLOG. EVERY MONTH, HALF A MILLION READERS—VEGETARIANS, VEGANS, PALEO FOLLOWERS, AND GLUTEN-FREE GOURMETS ALIKE—FLOCK TO SARAH'S ADAPTABLE AND ACCESSIBLE RECIPES THAT MAKE POWERFULLY HEALTHY INGREDIENTS SIMPLY IRRESISTIBLE. MY NEW ROOTS IS THE ULTIMATE GUIDE TO REVITALIZING ONE'S HEALTH AND PALATE, ONE DELICIOUS RECIPE AT A TIME: NO FAD DIETS OR GIMMICKS HERE. WHETHER READERS ARE NEWCOMERS TO NATURAL FOODS OR ARE ALREADY DEVOTEES, THEY WILL DISCOVER HOW EASY IT IS TO EAT HEALTHFULLY AND HAPPILY WHEN WHOLE FOODS AND PLANTS ARE AT THE CENTER OF EVERY PLATE.

**LUNCHBOX SALADS** NAOMI TWIGDEN 2017-07-06 FUN, FLAVOUR-PACKED 'AL-DESKO' IDEAS FOR EVERY WORKING DAY! INVEST IN A LUNCHBOX YOU LOVE AND FILL IT WITH THESE AMAZING RECIPES. THEY ARE PACKED WITH FLAVOUR AND NOURISHMENT TO KEEP YOU HAPPY AND YOUR STOMACH CONTENT. FOOD-LOVING NAOMI AND ANNA ARE TRAINED CHEFS AND HAVE POURED THEIR LUNCHMAKING-WISDOM INTO THIS HANDY BOOK, ENSURING THEIR RECIPES

TAKE NO MORE THAN 30 MINUTES TO MAKE, TRANSPORT WELL AND WILL LAST UP TO 2 DAYS IN TUPPERWARE. RECIPES ARE SUITABLE FOR VEGETARIANS, VEGANS AND MEAT-LOVERS. AND THERE ARE LOADS OF TIPS TO HELP YOU CUSTOMIZE RECIPES TO YOUR HEART'S DELIGHT.

**VEGAN IN 15** KATE FORD 2017-01-05 LIVE WELL AND FEEL GREAT – GO VEGAN IN 15... FULL OF FLAVOUR AND CHARACTER, AND CONTAINING ALL THE NUTRIENTS YOU NEED FOR OPTIMUM HEALTH, KATE FORD'S IRRESISTIBLE RECIPES WILL INSPIRE YOU TO GET THE MOST OUT OF A VEGAN LIFESTYLE, WHETHER YOU ARE AN ESTABLISHED GREEN EATER OR SIMPLY LOOKING FOR A WAY TO BEGIN.

**GOOD GUT, GREAT HEALTH** VICKI EDGSON 2021-06-08 GOOD GUT, GREAT HEALTH INTRODUCES A WHOLE NEW WAY OF EATING THAT FOCUSES ON DIGESTIVE HEALTH AS A PATH TO TRUE WELL-BEING.

**REBEL RECIPES** NIKI WEBSTER 2019-12-26 INSPIRED BY HER TRAVELS AROUND THE GLOBE, NIKI WEBSTER GATHERS SOME OF HER FAVOURITE RECIPES TOGETHER INTO THIS REBELLIOUS NEW BOOK. YOU WON'T FIND ANY LIMP LETTUCE OR BORING OLD-SCHOOL VEGAN DISHES HERE. EXPECT TO FIND ALL KINDS OF AWESOMENESS, SUCH AS MOUTH-WATERING SPICY INDIAN CREPES; BAKED AUBERGINE WITH CASHEW CHEESE AND PESTO; SWEET POTATO, CAULIFLOWER AND PEANUT STEW; AND CHOCOLATE CHERRY ESPRESSO POTS. WHILE A NUMBER OF VEGAN AND PLANT-BASED BOOKS FOCUS ON HEALTH, REBEL RECIPES IS UNASHAMEDLY ABOUT TASTE; IT'S ALL ABOUT PLEASURE, VIBRANCY AND FLAVOUR – FOOD FOR THE SOUL. NIKI'S DELICIOUS RECIPES ARE BOUGHT TO LIFE WITH PHOTOGRAPHY FROM KRIS KIRKHAM.

**TABLE MANNERS: THE COOKBOOK** JESSIE WARE 2020-03-05 'BEAUTIFULLY PUT-TOGETHER WITH WONDERFULLY CRAFTED, FULL-ON FLAVOUR RECIPES FOR EVERYONE. A PROPER FAMILY FEAST OF A COOKBOOK!' TOM KERRIDGE 'THIS IS A GORGEOUS BOOK.' NIGELLA LAWSON 'LENNIE AND JESSIE ARE AS MADLY ENTERTAINING TO READ AS THEY ARE TO BE AROUND. THEY ARE ALSO BRILLIANT STORYTELLERS SO EVERY RECIPE IS AS PERSONAL AS IT COULD BE: A CLASSIC JEWISH CHOPPED LIVER SERVED ON FRIDAY NIGHT DINNERS, AROMATIC BEEF STIFADO EATEN ON GREEK HOLIDAYS OR AN ORANGE AND PISTACHIO CAKE CREATED BY SON AND BROTHER. I ADORE THIS FAMILY.' YOTAM OTTOLENGHI 'THIS BOOK ENCAPSULATES HUMOUR, KINDNESS, BUCKET LOADS OF LOVE AND, MOST IMPORTANTLY, GOOD FOOD. I'M SO HAPPY TO HAVE THE WARE FAMILY IN MY LIFE AND IN MY KITCHEN.' SAM SMITH 'DAMNED GOOD FOOD' THE TELEGRAPH 'MUM. GUESS WHAT?' 'WHAT JESSIE?' 'WE'VE WRITTEN A COOKBOOK'. 'I KNOW DARLING! DO YOU THINK ANYONE WILL WANT TO BUY IT?' 'WELL, IT'S THE RECIPES WE'VE MADE OUR GUESTS – THE REALLY GOOD ONES. LIKE THE SAUSAGE AND BEAN CASSEROLE WE MADE ED SHEERAN, THE DRUNKEN CROUTON AND KALE SALAD WE MADE YOTAM OTTOLENGHI AND THE TWO BLACKBERRY AND CUSTARD TARTS WE SERVED NIGELLA.' 'YOU ATE A WHOLE ONE BEFORE SHE ARRIVED, DARLING.' 'IT'S A BLOODY GOOD RECIPE MUM.' COOKING THROUGH TABLE MANNERS IS LIKE HAVING JESSIE AND LENNIE AT THE TABLE WITH YOU: BRASH, FUNNY AND FULL OF OPINIONS. IN TRUE WARE STYLE, THEIR COOKBOOK IS DIVIDED INTO EFFORTLESS, A BIT MORE EFFORT, SUMMERTIME, DESSERTS AND BAKING (THANKS TO JESSIE'S BROTHER ALEX), CHRISMUKKAH (CHRISTMAS, HANUKKAH AND CELEBRATIONS) AND, OF COURSE, JEWISH-ISH FOOD. THESE DELICIOUS, EASY DISHES ARE DESIGNED FOR REAL PEOPLE WITH BUSY AND SOMETIMES CHAOTIC LIVES WITH THE ULTIMATE GOAL OF EVERYONE EATING TOGETHER SO UNFILTERED CHAT CAN FLOURISH.

**GOOD + SIMPLE** JASMINE HEMSLEY 2016-02-25 THE BESTSELLING SECOND COOKBOOK FROM HEMSLEY + HEMSLEY, INCLUDING RECIPES FROM JASMINE AND MELISSA'S CHANNEL 4 SERIES EATING WELL WITH HEMSLEY + HEMSLEY. GOOD + SIMPLE CELEBRATES THE PLEASURE OF DELICIOUS FOOD THAT IS SIMPLE TO MAKE, A JOY TO SHARE AND JUST SO HAPPENS TO BE GOOD FOR YOU. JASMINE AND MELISSA HEMSLEY'S PRINCIPLES OF HEALTHY HOME COOKING BUILT AROUND GUT HEALTH, WHOLE FOODS AND AFFORDABLE INGREDIENTS SHOW HOW TASTY AND ACHIEVABLE EATING WELL CAN BE. THE SISTERS HAVE CREATED 140 NUTRITIOUS AND EXCITING NEW RECIPES – REWORKED CLASSICS, PREPARE AHEAD DISHES, FAST SUPPERS WITH LEFTOVERS FOR PACKED LUNCHES, ENERGISING BREAKFASTS AND SNACKS, SATISFYING BREADS, DESSERTS AND BAKES. INFUSED WITH JASMINE AND MELISSA'S LOVE OF COOKING AND EATING, GOOD + SIMPLE INCLUDES PLENTY OF PRACTICAL TIPS AND DOWN-TO-EARTH ADVICE TO HELP YOU GAIN CONFIDENCE IN THE KITCHEN, PLAN FOR THE COMING WEEK AND COOK FOR YOU AND YOUR FAMILY WITH EASE. ENJOY REAL FOOD. LOOK AND FEEL AMAZING EVERY DAY.

**THE WHOLE VEGETABLE** SOPHIE GORDON 2022-01-06 DISCOVER WHOLESOME, SUSTAINABLE AND PLANT-BASED DISHES IN THIS ESSENTIAL COOKBOOK FOR EVERYONE FROM FULL-TIME VEGANS TO THOSE WHO JUST WANT TO DO THEIR BIT FOR THE ENVIRONMENT 'HEARTY, HEALTHY, FLAVOUR-PACKED DISHES' MAIL ON SUNDAY 'A UNIQUELY SUSTAINABLE AND DELICIOUS APPROACH TO MODERN PLANT-BASED COOKING' VOGUE

\_\_\_\_\_ HAVE YOU EVER WONDERED HOW TO MAKE YOUR DIET TRULY ECO-CONSCIOUS? IN THIS BEAUTIFUL PLANT-BASED COOKBOOK, OVER 130 CREATIVE, DELICIOUS, PLANET-FRIENDLY RECIPES PUT VEGETABLES AT THE VERY CENTRE OF THE TABLE. EMBRACING OFTEN-DISCARDED PARTS SUCH AS LEAVES, STALKS, TOPS, FLOWERS, SEEDS AND EVEN PEELINGS, THIS IS COOKING AT ITS MOST SUSTAINABLE. IN THE WHOLE VEGETABLE, SOPHIE GORDON SHOWS US HOW TO: - COOK WITH EVERY PART OF EVERY VEGETABLE - REDUCE WASTE IN YOUR COOKING - REINVENT YOUR LEFTOVERS - EAT WITH THE SEASONS FROM CAULIFLOWER CARBONARA, BROCCOLI PESTO AND CHUNKY PUMPKIN TACOS, TO CHERRY BREAKFAST CRUMBLE, MAPLE-ROASTED PEARS AND APPLE & WALNUT DANISH BUNS, THE WHOLE VEGETABLE IS PACKED WITH THOUGHTFUL RECIPES FOR EVERY SEASON. MOST OF ALL, IT WILL ENSURE THAT NOTHING IN YOUR KITCHEN GOES TO WASTE. \_\_\_\_\_ 'CREATIVE, DELICIOUS, PLANET-FRIENDLY RECIPES . . . TEACHES YOU HOW TO PUT THOSE OFTEN DISCARDED PARTS OF FRUIT AND VEG TO GOOD (AND TASTY) USE' WOMEN'S HEALTH 'THE WHOLE VEGETABLE HEROES PLANT-BASED COOKERY, WITH RECIPES THAT ALSO HELP REDUCE FOOD WASTE IN THE KITCHEN AND IMPROVE SUSTAINABLE LIVING. A WORTHWHILE READ' GOOD HOUSEKEEPING

**GUT GASTRONOMY** VICKI EDGSON 2015-01-30 THIS INNOVATIVE BOOK INTRODUCES A WHOLE NEW WAY OF EATING WITH A UNIQUE PLAN DEVELOPED SPECIFICALLY AT GRAYSHOTT SPA, ONE OF THE WORLD'S LEADING HEALTH SPAS. BY FOCUSING ON DIGESTIVE HEALTH AS A ROUTE TO TRUE HEALTH, THE GRAYSHOTT PLAN HELPS TO BOOST YOUR ENERGY AND REBALANCE WEIGHT SAFELY THROUGH A NUTRIENT RICH DIET THAT WILL GIVE YOU EVERYTHING YOU NEED TO FACE THE DEMANDS OF MODERN LIFE. THE PLAN DISPELS THE MISGUIDED NOTION OF 'DETOXIFYING' THROUGH SPARTAN, PUNITIVE REGIMES AND INSTEAD

FOCUSES ON REGAINING GOOD HEALTH BY EATING THE RIGHT FOODS TO AID THE BODY'S NATURAL DETOXIFICATION. THE PLAN CAN CONFIDENTLY RECOMMEND QUALITY GRASS-FED RED MEATS, FISH, EGGS, FERMENTED FOODS, BUTTER, AVOCADO, AND ORGANIC VEGETABLES. THIS IS NOT A PLAN OF PRIVATION BUT A SENSIBLE AND SATISFYING APPROACH TO FOOD THAT BRINGS YOU BACK TO FEELING GREAT. THE FIRST SECTION WILL INTRODUCE YOU TO THE PLAN AND PROVIDE INFORMATION AND MEAL PLANS FOR A SHORT-TERM COURSE TO REST AND REPAIR YOUR DIGESTIVE TRACT. THE POST-PLAN INFORMATION WILL SHOW YOU MORE FOODS TO INTRODUCE TO YOUR DIET AND KEEP YOUR GUT HEALTHY. THE RECIPE SECTION CONTAINS 100 DELICIOUS MEALS SPLIT INTO BREAKFASTS, SOUPS, MAIN MEALS, VEGETABLE SIDES, SALADS AND SPECIAL OCCASIONS AND INCLUDES DELICIOUS, SATISFYING AND NOURISHING MEALS LIKE: BAKED EGGS WITH TOMATOES, PEPPERS AND CHORIZO PORCHETTA WITH PLUM AND FIG CHUTNEY GRILLED SOLE FILLETS MARINATED IN GINGER AND TANGERINE CRAYFISH CAKES WITH COCONUT AND MANGO AND MANY MORE

**HEAL** MELISSA DELPORT 2021-02-01 COOKING HAS ALWAYS BEEN AT THE HEART OF MELISSA DELPORT'S HOME, BUT IT WASN'T UNTIL SHE BECAME INTERESTED IN NUTRITION THAT SHE RECOGNISED THE CONNECTION BETWEEN WHAT WE EAT AND THE STATE OF OUR HEALTH. MELISSA SETS OUT TO SHOW HOW FOLLOWING A HEALTHY AND BALANCED DIET CAN HAVE POSITIVE BENEFITS FOR OUR BODIES AND OUR WELLBEING. HAVING A HAPPY DIGESTIVE SYSTEM CAN RESULT IN A CALMER STATE OF MIND, AND A GREATER ABILITY TO MANAGE STRESS. IN HEAL SHE PRESENTS RECIPES FOR HEALTHY AND BALANCED EATING, AS WELL AS NUTRITIONAL TIPS AND GUIDANCE.

**THE 10-DAY PLAN TO NOURISH & GLOW** AMELIA FREER 2017-12-19 THE MUCH-ANTICIPATED NEW BOOK FROM BESTSELLING AUTHOR AND NUTRITIONAL THERAPIST AMELIA FREER, THAT WILL HELP YOU TRANSFORM YOUR RELATIONSHIP WITH FOOD, FOR LIFE. IN AMELIA FREER'S MOST COMPREHENSIVE BOOK YET, SHE SHARES THE PRACTICES SHE HAS DEVELOPED AND REFINED OVER YEARS OF WORKING WITH HIGH-PROFILE CLIENTS, SUCH AS JAMES CORDEN AND VICTORIA BECKHAM. IT INCLUDES A 10-DAY PLAN AND OVER 40 RECIPES THAT WILL FUNDAMENTALLY TRANSFORM THE WAY YOU GROCERY SHOP, COOK, AND EAT-- NOW AND FOR LIFE. WITH GENTLE YET AUTHORITATIVE GUIDANCE, THIS BOOK WILL EMPOWER YOU TO ACHIEVE A HEALTHIER AND HAPPIER RELATIONSHIP WITH FOOD, AND TO DISCOVER A WAY OF EATING THAT IS RIGHT FOR YOU. AMELIA RECOGNIZES THAT THERE IS NO "ONE-SIZE-FITS-ALL" APPROACH TO FOOD, AND THE SIMPLE, DELICIOUS RECIPES SHE PROVIDES ARE BRIGHT, FRESH ANTIDOTES TO WHAT MANY PEOPLE ENVISION WHEN THEY THINK OF EATING ON A DIET. NOURISHING YET CREATIVE RECIPES (AND THEIR VEGAN ALTERNATIVES) LIKE TURMERIC & MANGO SPICED CHIA POT, RAINBOW ABUNDANCE BOWL, SALMON SALAD IN A JAR, OVERNIGHT OAT CRUMBLE WITH APPLE, AND FALAFEL BURGERS, WILL LEAVE YOU SATISFIED AND INSPIRED TO EMBARK ON A JOURNEY OF HEALTHY EATING FOR LIFE.

**THE DOCTOR'S KITCHEN** RUPY AUJLA 2017-12-18 'I'M JUST A STRAIGHT-TALKING NHS DOCTOR LENDING MY UNBIASED OPINION ON HEALTHY EATING AND SHOWING EVERYBODY HOW TO GET PHENOMENAL INGREDIENTS ON THEIR PLATES EVERYDAY.' DR RUPY AUJLA'S FIRST COOKBOOK, THE DOCTOR'S KITCHEN, IS THE GO-TO BOOK TO HELP YOU KICK UNHEALTHY FADDY DIETS FOR GOOD. IN THE BOOK, RUPY, EXPLAINS THE PRINCIPLES OF HEALTHY LIVING IN

A FUN AND RELATABLE WAY WITH OVER 100 VIBRANT, TASTY RECIPES STEEPED IN MEDICAL SCIENCE WHICH ARE EASY AND INEXPENSIVE TO MAKE. THE IMPACT OF LIFESTYLE ON ILLNESS HAS NEVER BEEN HIGHER ON THE NATIONAL AGENDA AND RUPY BELIEVES THAT WHAT WE CHOOSE TO PUT ON OUR PLATES IS THE MOST IMPORTANT HEALTH INTERVENTION WE CAN MAKE. THE DOCTOR'S KITCHEN STANDS OUT FROM THE CROWD BY USING MEDICAL KNOWLEDGE TO CREATE THE RECIPES. RUPY ADVOCATES PLATES OVER PILLS EVERY TIME AND HE IS LIVING PROOF THAT WHAT YOU EAT CAN SHIFT MEDICAL OUTCOMES AS HE OVERHAULED HIS OWN HEART CONDITION BY ADDRESSING HIS DIET AND CREATING HIS OWN DELICIOUS FOOD THAT HE NOW SHARES IN THIS BOOK. INFUSED WITH FLAVOURS FROM AROUND THE WORLD, THIS TASTY SELECTION OF EVERYDAY MEALS MAKES HEALTHY EATING AN ABSOLUTE PLEASURE.

**PERFECT FIT: THE WINNING FORMULA** JAMES HASKELL 2018-01-17 IN HIS GUIDE TO FITNESS AND NUTRITION INTERNATIONAL RUGBY STAR JAMES HASKELL LEADS YOU SEAMLESSLY THROUGH EVERY STEP OF THE JOURNEY TOWARDS TRANSFORMING YOUR BODY AND REACHING YOUR FITNESS GOALS. WITH AN 8-WEEK PLAN THAT CAN BE DONE AT HOME, SUITABLE FOR THOSE WHO HAVE NOT TRAINED BEFORE, AND A 12-WEEK PLAN FOR THOSE WHO ALREADY TRAIN REGULARLY, THERE IS SOMETHING FOR EVERYONE AND JAMES ENCOURAGES AND CHALLENGES YOU TO BECOME FITTER, STRONGER AND LEANER THAN EVER BEFORE. ALONGSIDE THE TRAINING PROGRAMMES JAMES PROVIDES DETAILED ADVICE ABOUT NUTRITION, HELPING YOU TO UNDERSTAND HOW TO EAT TO ACHIEVE THE RESULTS YOU ARE AIMING FOR, AS WELL AS DELICIOUS RECIPES AND MEAL PLANS TO ENSURE YOU STAY ON TRACK. JAMES'S AMBITION IS TO DISPEL THE FOG - TO PROVIDE CLARITY, UNDERSTANDING AND TO MOTIVATE AS WELL AS INSPIRE YOU TRAIN HARD AND FUEL YOUR TRAINING EFFECTIVELY IN ORDER TO TRANSFORM YOUR BODY. IF YOU FOUND JAMES'S INTRODUCTION TO BECOMING AND REMAINING RUGBY FIT HELPFUL, PERFECT FIT WILL HELP YOU TO TAKE YOUR TRAINING TO THE NEXT LEVEL WITH ITS MORE DETAILED WORKOUTS, NUTRITIONAL ADVICE AND RECIPES.

UNTITLED\_320429 AUTHOR\_328201 2020-12-31 UNTITLED BOOK.

CHARLOTTE STIRLING-REED 2021-04-29 THE SUNDAY TIMES BESTSELLER 'CHARLOTTE GAVE ME THE CONFIDENCE AND KNOWLEDGE TO LOVE EVERY SINGLE STEP OF THE WEANING JOURNEY' JOE WICKS 'CHARLOTTE REALLY IS A FONT OF KNOWLEDGE WHEN IT COMES TO WEANING.' JOOLS OLIVER 'WE'VE LOVED CHARLOTTE'S APPROACH TO WEANING. SKYE LOVES HER FOOD AND WE ARE SO GRATEFUL FOR THAT!' ELLA MILLS THE EASY WEANING PLAN TO ENSURE YOUR BABY BECOMES A HAPPY AND ADVENTUROUS LITTLE EATER. IN THIS BEAUTIFUL, FULL-COLOUR BOOK, EXPERT NUTRITIONIST CHARLOTTE STIRLING-REED REVEALS HER RENOWNED METHOD THAT HAS HELPED THOUSANDS OF PARENTS WEAN THEIR BABIES CONFIDENTLY. BASED ON A VEGETABLE FIRST APPROACH, THE PERFECT WAY TO DEVELOP HEALTHY EATING HABITS AND TO TACKLE FUSSY EATING BEFORE IT BEGINS, YOU'LL BE HAND-HELD THROUGH THE FIRST 30 DAYS OF WEANING AS WELL AS GIVEN LOTS OF DELICIOUS RECIPES ALL THE FAMILY CAN ENJOY. PACKED WITH TRIED AND TESTED TIPS, AS WELL AS THE LATEST EVIDENCE-BASED GUIDANCE, HOW TO WEAN YOUR BABY WILL FULLY EQUIP AND EMPOWER YOU TO TAKE THIS EXCITING NEXT STEP.

*HOW TO WEAN YOUR BABY*