

Overnight Banoffee Oats

THANK YOU FOR READING **OVERNIGHT BANOFFEE OATS**. AS YOU MAY KNOW, PEOPLE HAVE LOOK NUMEROUS TIMES FOR THEIR CHOSEN BOOKS LIKE THIS OVERNIGHT BANOFFEE OATS, BUT END UP IN MALICIOUS DOWNLOADS. RATHER THAN READING A GOOD BOOK WITH A CUP OF COFFEE IN THE AFTERNOON, INSTEAD THEY ARE FACING WITH SOME MALICIOUS BUGS INSIDE THEIR COMPUTER.

OVERNIGHT BANOFFEE OATS IS AVAILABLE IN OUR DIGITAL LIBRARY AN ONLINE ACCESS TO IT IS SET AS PUBLIC SO YOU CAN GET IT INSTANTLY. OUR DIGITAL LIBRARY SPANS IN MULTIPLE COUNTRIES, ALLOWING YOU TO GET THE MOST LESS LATENCY TIME TO DOWNLOAD ANY OF OUR BOOKS LIKE THIS ONE. MERELY SAID, THE OVERNIGHT BANOFFEE OATS IS UNIVERSALLY COMPATIBLE WITH ANY DEVICES TO READ

NOURISHING VEGAN EVERY DAY AMY LANZA 2023-01-03 A COLLECTION OF VIBRANT AND DELICIOUS VEGAN RECIPES THAT STRIKE THE PERFECT BALANCE BETWEEN NOURISHING AND PRACTICAL FOR EVERYDAY EATING.
CHOCOLATE-COVERED KATIE KATIE HIGGINS 2015-01-06 WHAT IF YOU CAN EAT ALL OF YOUR FAVORITE DESSERTS . . . AND STILL BE HEALTHY AND FIT INTO YOUR SKINNY JEANS? MEET KATIE: A GIRL WHO EATS CHOCOLATE EVERY DAY AND SOMETIMES EVEN HAS CAKE FOR BREAKFAST! WHEN KATIE'S SUGAR HABIT WENT TOO FAR IN COLLEGE AND LEFT HER LACKING ENERGY, SHE KNEW SOMETHING NEEDED TO CHANGE. SO SHE BEGAN DEVELOPING HER OWN NATURALLY SWEET RECIPES AND POSTING THEM ONLINE. SOON, KATIE'S HEALTHY DESSERT BLOG HAD BECOME AN INTERNET SENSATION, WITH OVER SIX MILLION MONTHLY VISITORS. NOW, IN HER FIRST COOKBOOK, KATIE SHARES OVER 80 NEVER-BEFORE-SEEN RECIPES, SUCH AS CHOCOLATE OBSESSION CAKE, PEANUT BUTTER PUDDING POPS, AND ULTIMATE UNBAKED BROWNIES, THAT USE ONLY REAL INGREDIENTS, WITHOUT ANY UNNECESSARY FATS, SUGARS, OR EMPTY CALORIES. THESE DESSERTS PROVE ONCE AND FOR ALL THAT HEALTH AND HAPPINESS CAN GO HAND-IN-HAND-YOU CAN HAVE YOUR DESSERT AND EAT IT, TOO!

GUIDED BY FOOD BARBARA JACOBS 2018-12-04 LIFE IS TOO SHORT TO DRINK BAD COFFEE OR WINE OR EAT Mc DONALDS... BIG BEN? BEEN THERE. THE EIFFEL TOWER? SEEN IT. MORE AND MORE PEOPLE WANT TO JUST ENJOY THEIR CITY TRIP, RATHER THAN VISITING EVERY TOURISTIC PLACE OF INTEREST. THE TRAVELLER'S BUCKET LIST NOWADAYS CONSISTS OF CULINARY TREATS. SO FIRST THINGS FIRST: LET'S GET SOME GOOD FOOD. GUIDED BY FOOD ACKNOWLEDGES THIS NEW TREND AND OFFERS READERS A HANDFUL OF CAREFULLY CURATED TIPS, INSTEAD OF A LONG LIST OF USELESS INFORMATION. SIMPLY THE BEST, MOST FUN AND MOST FUNKY PLACES IN THE LATEST FOODIE SCENE. A UNIQUE COMBINATION OF CULINARY HOTSPOTS AND TRAVEL TIPS TO CITIES SUCH AS SAN FRANCISCO, OAXACA, TULUM, BEIRUT, TEL AVIV, COPENHAGEN, PORTLAND, LOS ANGELES, IBIZA, LIMA, CARTHAGENA, TOKYO, LISBON, CAPE TOWN,... HUNDREDS OF LOCATIONS AND MOUTH-WATERING TIPS: RESTAURANTS, BARS, COFFEE BARS AND HOTELS. CURATED, PRESELECTED: ALL YOU NEED TO DO IS TO BOOK YOUR PLANE TICKET.

EAT HAPPY: 30-MINUTE FEELGOOD FOOD MELISSA HEMSLEY 2018-01-25 "EAT HAPPY? I'M ALWAYS HAPPY WHEN I EAT MELISSA'S FOOD!" GARY BARLOW "I ADORE MELISSA AND HER FOOD. THIS IS CAREFREE, QUICK COOKING WITH A SENSE OF FUN, AND JUST HAPPENS TO BE GOOD FOR YOU." ANNA JONES "I'M A HUGE FAN AND LOVE HOW MELISSA CHAMPIONS THE MESSAGE THAT GOOD HEALTHY FOOD NEEDN'T BE COMPLICATED, SCARY OR TIME CONSUMING. THIS BEAUTIFUL NEW BOOK IS PACKED WITH DREAMY RECIPES." FEARNE COTTON "DON'T THINK I'VE EVER MET ANYONE WITH SUCH A PASSION, LOVE AND JOY FOR FOOD. SHE'S AMAZING!" GIOVANNA FLETCHER DELICIOUS QUICK AND EASY MEALS WITH A HEMSLEY TWIST. BESTSELLING HOME COOK AND CO-AUTHOR OF THE ART OF EATING WELL AND GOOD + SIMPLE, MELISSA HEMSLEY OF HEMSLEY + HEMSLEY, PRESENTS FLAVOURFUL AND VEG-PACKED DISHES. FEATURING SUPERMARKET INGREDIENTS, SIMPLE METHODS, AND TIPS AND TRICKS TO MAKE NO-FUSS GREAT FOOD, EAT HAPPY IS DESIGNED TO SEE YOU THROUGH THE WHOLE WEEK - TEMPTING BREAKFASTS TO FAMILY DINNERS AND LUNCHESES, AS WELL AS PARTY FOOD, SNACKS, BAKING, DESSERTS, DRINKS, AND SIMPLE, HEALTHIER VERSIONS OF TAKEAWAY FAVOURITES. COMFORT AND INDULGENCE ARE AT THE HEART OF MELISSA HEALTHY FOOD, WITH PLENTY OF IDEAS FOR EVERYDAY MEALS, BATCH COOKING, CUTTING DOWN ON KITCHEN WASTE, AND DISHES THAT CAN BE ENJOYED FOR SUPPER AND LEFTOVERS FOR A PACKED LUNCH. AMONGST THE 120 BRAND-NEW RECIPES ARE, BREADED CHICKEN KATSU CURRY, SESAME SALMON WITH MISO VEG TRAYBAKE, ROAST CARROTS WITH POMEGRANATE MOLASSES AND PISTACHIOS, COCONUT CHOCOLATE CLUSTERS AND GINGER FRUIT LOAF. THESE ARE DELICIOUS ALTERNATIVES AND SATISFYING TREATS THAT ENCOURAGE EVEN THE MOST TIME-POOR COOK TO TAKE PLEASURE IN HEALTHY FAST FOOD THAT PUTS TASTE FIRST.

FUEL YOUR RIDE MOLLY HURFORD 2016-03-22 FUEL YOUR RIDE, A COMPREHENSIVE GUIDE TO PERFORMANCE NUTRITION FOR CYCLISTS, PUSHES THE FUN WITHOUT LOSING THE SCIENCE. WITH SIMPLE OMNIVOROUS RECIPES, THE BOOK INCLUDES MEAL PLANS FOR A WIDE RANGE OF DIETARY NEEDS THAT ARE EASY TO MAKE--PERFECT FOR ANY CYCLIST TRAINING FROM 5 TO 40 HOURS A WEEK. RECIPES INCLUDE GLUTEN-FREE PANCAKES (WITH JUST 3 INGREDIENTS), GUACAMOLE, VEGGIE BURGERS, CHOCOLATE-CHERRY COOKIES, AND NO-COOK PEANUT BUTTER BALLS. THE BOOK ALSO COVERS HYDRATION, SUPPLEMENTS, GUT HEALTH, AND WEIGHT LOSS--EVERYTHING A CYCLIST NEEDS TO KNOW TO REACH PEAK PERFORMANCE.

THE FERTILITY KITCHEN CHARLOTTE GRAND 2022-06-23 ' CHARLOTTE GRAND GIVES SENSIBLE PRACTICAL ADVICE' DR CLARE BAILEY 'FULL OF INSIGHTFUL INFORMATION, VALUABLE HEALTH HACKS AND DELICIOUS RECIPES' DR MARK SURREY THE FERTILITY KITCHEN IS THE GO-TO NUTRITION AND LIFESTYLE COOKBOOK FOR ANYONE WHO WANTS TO BECOME PREGNANT - WHETHER THEY ARE JUST STARTING TO THINK ABOUT HAVING A BABY, HAVE BEEN TRYING FOR A WHILE, ARE NAVIGATING INFERTILITY OR EXPLORING ASSISTED CONCEPTION. IN

TODAY'S FAST-PACED SOCIETY, WE ARE SO USED TO GETTING WHAT WE WANT, WHEN WE WANT IT. FOR WOMEN SUFFERING WITH INFERTILITY IT CAN BE THE FIRST TIME THEY FIND THEMSELVES IN A SITUATION THEY HAVE LITTLE CONTROL OVER: THEY CAN FEEL POWERLESS. THE FERTILITY KITCHEN WILL HELP TO RECLAIM SOME OF THAT LOST POWER. PART ONE OF THE FERTILITY KITCHEN IS BASED AROUND THE THREE 'PILLARS' OF 'FERTILITY', 'FOOD', AND 'LIFE', THAT SIT AT THE HEART OF EVERYTHING CHARLOTTE IS PASSIONATE ABOUT, GIVING A FRAMEWORK FOR AN ACHIEVABLE LIFE-STYLE CHANGE. CHARLOTTE SHARES HER EXPERTLY TAILORED, NUTRIENT-RICH FERTILITY NUTRITION AND LIFESTYLE PLAN, COVERING STRESS, MOVEMENT, SLEEP, AND SOCIAL CONNECTION. PART TWO WILL HELP READERS PUT THIS PLAN INTO PRACTICE WITH OVER 60 ORIGINAL FLAVOUR-PACKED YET SIMPLE RECIPES THAT EMBRACE EVERYTHING THAT'S GOOD FOR FERTILITY. CHARLOTTE EXPLAINS THE FOOD PHILOSOPHY THAT SHE TEACHES HER CLIENTS, THE FOUNDATIONS OF GOOD NUTRITION AND ITS IMPORTANCE FOR OPTIMAL FERTILITY. SHE ADDRESSES THE KEY AREAS OF HEALTH THAT CAN AFFECT FERTILITY, ENABLING READERS TO PERSONALISE THEIR DIET TO SUIT THEIR UNIQUE NEEDS, AS WELL AS OUTLINING THE IMPACT LIFESTYLE CAN HAVE ON FERTILITY, GIVING READERS THE STRATEGIES TO ACHIEVE BALANCE ACROSS ALL ASPECTS OF THEIR LIFE. *THE BETTY CROCKER COOKBOOK, 13TH EDITION* BETTY CROCKER 2022-11-01 THE FULLY UPDATED AND REVISED EDITION OF THE COOKBOOK THAT GENERATIONS OF AMERICANS TRUST, WITH MORE THAN 375 NEW RECIPES--INCLUDING FOR AIR FRYERS, MULTI COOKERS, SLOW COOKERS, AND MORE--EVERYTHING THE MODERN HOME COOK NEEDS TO CONFIDENTLY COOK TODAY. FOR THE PAST 100 YEARS, BETTY CROCKER HAS HELPED GENERATIONS OF AMERICAN HOME COOKS, AND THIS IS THE COOKBOOK THAT THEY'VE COME TO TRUST. THIS 13TH EDITION OF THE BETTY CROCKER COOKBOOK IS RADICALLY REFRESHED AND MADE WITH BUSY FAMILIES IN MIND, WITH MORE THAN 375 EXCLUSIVE, NEW, AND ON-TREND RECIPES. LOOK FOR 5-INGREDIENT, AIR FRYER, MULTICOOKER, AND SLOW COOKER RECIPES THROUGHOUT, PLUS WAYS TO USE UP YOUR ON-HAND INGREDIENTS, DEPENDABLE COOKING GUIDES, AND MUCH, MUCH MORE. FOR THE HEALTH-CONSCIOUS, YOU'LL FIND A NEW VEGGIE-FORWARD CHAPTER, PLUS GLUTEN-FREE AND VEGAN RECIPES, WITH FULL NUTRITIONAL INFO FOR ALL OF THE 1300+ RECIPES. PERFECT FOR MAKERS OF ANY COOKING LEVEL, THIS FOUNDATIONAL TOME OFFERS AN INTRODUCTION TO BASIC KITCHEN TOOLS AND STAPLES PLUS CHARTS FOR COOKING TIMES AND STORAGE, MEASUREMENT CONVERSIONS, AS WELL AS INSPIRATIONS TO BE CREATIVE IN YOUR COOKING. IT'S EVERYTHING A HOME COOK NEEDS FOR CONFIDENT COOKING AND BAKING AT YOUR FINGERTIPS, WITH CHAPTERS ON APPETIZERS AND SALADS, COOKIES, CAKES, AND DESSERTS, AND ALL EATING OCCASIONS IN BETWEEN. NOW IN A DURABLE, LAY-FLAT, BOOK FORMAT, THIS COMPREHENSIVE AND INDISPENSABLE BOOK MAKES IT POSSIBLE TO CHANNEL YOUR INNER BETTY AND SHARE GREAT FOOD WITH THOSE YOU LOVE.

MINDFUL EATING IZELLE HOFFMAN 2020-01-01 IZELLE HOFFMAN IS ON A MISSION TO CHANGE PERCEPTIONS ABOUT FOOD AND TO INCREASE AWARENESS OF THE BENEFITS OF EATING THE RIGHT FOODS AND CHOOSING A LIFE OF HEALTH AND WELLNESS. DID YOU KNOW, FOR INSTANCE, THAT THE HUMBLE SWEET POTATO CONTAINS ANTI-INFLAMMATORY PROPERTIES AND REGULATES BLOOD SUGAR LEVELS? AND THAT RAW HONEY ISN'T SIMPLY A SWEETENER - IT HAS ANTIFUNGAL AND ANTIVIRAL PROPERTIES AS WELL? IN MINDFUL EATING, IZELLE ENCOURAGES YOU TO RETHINK WHAT YOU PUT IN YOUR BODY IN A FUN, HEALTHY WAY, AND DEMONSTRATES THAT LIVING A HEALTHY LIFESTYLE DOESN'T MEAN THAT YOUR DIET NEEDS TO BE BORING AND RESTRICTED, ESPECIALLY WHERE VEGETABLES ARE CONCERNED. BY SHARING HER RECIPES FOR ENERGISING BREAKFASTS, QUICK WEEKDAY MEALS, SWEET BAKED GOODIES, CLASSICS WITH A HEALTHY (IZELLE-APPROVED) TWIST AND FAMILY FAVOURITES, AMONG OTHERS, IZELLE AIMS TO HELP YOU TAKE BACK CONTROL OF YOUR WELLBEING. PACKED WITH DELICIOUS, NUTRITIOUS AND DECEPTIVELY SIMPLE RECIPES, MINDFUL EATING IS MORE THAN A COOKBOOK; IT IS AN INSPIRATIONAL AND MOTIVATIONAL GUIDE TO LEADING A HEALTHY LIFESTYLE THROUGH GOOD EATING.

THE NO TIME TO COOK BOOK LAURA HERRING 2015-04-01 NO TIME? NO EXCUSES! THE NO TIME TO COOK BOOK CONTAINS OVER 100 QUICK AND EASY RECIPES YOU CAN COOK IN 20 MINUTES OR LESS, FROM DIY SUSHI AND STIR-FRY'S IN NO TIME TO VIETNAMESE FEASTS. THERE'S NO LONGER SUCH A THING AS HAVING 'NO TIME TO COOK' AS DK COMES TO THE RESCUE WITH THIS INNOVATIVE RECIPE BOOK. RECIPES ARE BROKEN DOWN INTO SIMPLE VISUALS MAKING THEM AS EASY TO UNDERSTAND AS POSSIBLE. SMART INFOGRAPHICS, COLOURFUL PIE CHARTS AND AT-A-GLANCE FLOW DIAGRAMS MAKE EVERY STEP CLEAR. WITH OVER 100 RECIPES YOU'LL LEARN TO MIX THE PERFECT SALSA DIPS, THROW TOGETHER FIVE-MINUTE FAJITAS OR MAKE A CURRY IN A HURRY. LEAVE THE TAKEAWAY MENUS IN THE DRAWER AND TAKE CONTROL OF YOUR MEALS AGAIN WITH THESE SIMPLE RECIPES WHICH YOU CAN WHIP UP IN NO TIME. NOW AVAILABLE IN PDF.

JANE'S PATISSERIE JANE DUNN 2021-08-05 THE FASTEST SELLING BAKING BOOK OF ALL TIME, FROM SOCIAL MEDIA SENSATION JANE'S PATISSERIE 'THIS WILL BE THE MOST-LOVED BAKING BOOK IN YOUR STASH!' - Zoë Sugg 'THE MARY BERRY OF THE INSTAGRAM AGE' - THE TIMES LIFE IS WHAT YOU BAKE IT - SO BAKE IT SWEET! DISCOVER HOW TO MAKE LIFE SWEET WITH 100 DELICIOUS BAKES, CAKES AND TREATS FROM BAKING BLOGGER, JANE. JANE'S RECIPES ARE LOVED FOR BEING EASY, CUSTOMISABLE, AND PACKED WITH YOUR

FAVOURITE FLAVOURS. COVERING EVERYTHING FROM GOOEY COOKIES AND CELEBRATION CAKES WITH A DREAMY DRIP FINISH, TO FLUFFY CUPCAKES AND CREAMY NO-BAKE CHEESECAKES, JANE' PATISSERIE IS EASY BAKING FOR EVERYONE. WHETHER YOU'RE LOOKING FOR A SALTED CARAMEL FIX, OR A SPICY BISCOFF BAKE, THIS BOOK HAS EVERYTHING YOU NEED TO CREATE ICONIC BAKES AND BECOME A STAR BAKER. INCLUDES NEW AND EXCLUSIVE RECIPES REQUESTED BY HER FOLLOWERS AND THE MOST POPULAR CLASSICS FROM HER BLOG - NYC COOKIES, NO-BAKE BISCOFF CHEESECAKE, SALTED CARAMEL DRIP CAKE AND MORE!

THE FOOD MEDIC HAZEL WALLACE 2017-05-04 JUNIOR DOCTOR, PERSONAL TRAINER AND INSTAGRAM HIT DR HAZEL WALLACE'S FIRST BOOK BRINGS YOU OVER 70 NUTRITIONAL RECIPES TO LOOK AND FEEL AMAZING WHILST DEBUNKING THE DIET MYTHS. 'I'M A GIRL WHO JUGGLES TWO JOBS, WHO LOVES TO LIFT, WHO ADORES REAL FOOD - AND CAN'T RESIST CHOCOLATE. AS A JUNIOR DOCTOR AND A PERSONAL TRAINER, I KNOW THAT WE ALL FEEL OUR BEST WHEN WE ARE FREE OF ILLNESS, FULL OF ENERGY AND AT A HEALTHY WEIGHT - AND I KNOW IT CAN BE DONE, EVEN IF YOU LEAD THE BUSIEST OF LIVES! I WANT TO DEBUNK THE MYTHS THAT ARE OUT THERE SURROUNDING DIETING AND INSTEAD OFFER SOLID, EVIDENCE-BASED ADVICE. I WANT TO BRIDGE THE GAP BETWEEN MAINSTREAM MEDICINE AND NUTRITION AND HELP YOU TAKE FULL CONTROL OF YOUR FITNESS AND WELLBEING, SO YOU WILL NEVER HAVE TO DIET AGAIN. I WANT TO SHOW YOU THAT EATING THE MOST NATURAL, UNREFINED AND UNPROCESSED WHOLEFOOD INGREDIENTS CAN BE ENJOYABLE, UNCOMPLICATED AND EASY TO INCORPORATE INTO A BUSY LIFESTYLE. I WANT THIS BOOK TO CHANGE YOUR LIFE.' HAZEL X

THE NO-COOK COOKBOOK DK 2021-03-04 IF YOU CAN'T STAND THE HEAT, GET INTO THE KITCHEN! THIS COOKBOOK HELPS CHILDREN LEARN ABOUT MAKING FOOD BY THEMSELVES - A SKILL THAT WILL LAST THEM A LIFETIME. THE RECIPES IN THIS "NO-COOK" COOKBOOK WILL HELP CHILDREN TO GAIN INDEPENDENCE IN THE KITCHEN AND UNDERSTAND HOW TO MAKE HEALTHY, YET VERY TASTY MEALS WITH SIMPLE INGREDIENTS AND NO HEAT. THE NO-COOK COOKBOOK IS A PHOTOGRAPHIC COOKBOOK WITH RECIPES THAT KIDS CAN MAKE ALL BY THEMSELVES. NO COOKING MEANS THAT KIDS CAN USE THIS RECIPE EBOOK TO LEARN THE BASIC SKILLS NEEDED TO BE SUCCESSFUL IN THE KITCHEN BY THEMSELVES. THIS EBOOK TEACHES CHILDREN HOW TO USE TOOLS SUCH AS A GRATER, SHARP KNIFE, PEELER, AND ZESTER SAFELY, AND WILL EXPLAIN KITCHEN SAFETY RULES. KIDS WILL ALSO FIND OUT HOW TO GROW THEIR OWN HERBS AND VEGETABLES AT HOME, AND THEN USE THESE TO PREPARE DELICIOUS MEALS. HELPING YOUNG FOOD LOVERS TURN INTO BUDDING CHEFS!

EAT YOUR WAY TO A SIX PACK SCOTT HARRISON 2019-12-02 THIS BOOK HAS OVER 100 RECIPES PACKED WITH LAYERS OF FLAVOUR AND TEXTURE, THAT START WITH DELICIOUS WHOLE FOODS AND ARE REALLY EASY TO PREPARE IN YOUR OWN KITCHEN.

NEW PORRIDGE LEAH VANDERVELDT 2018-04-10 THIS BOOK EMBRACES THE MODERN EVOLUTION OF PORRIDGE, WITH 55 RECIPES INCLUDING DIFFERENT GRAINS, SWEET AND SAVORY, HOT AND COLD VARIATIONS, THERE IS A PORRIDGE FOR EVERYONE AND EVERY SEASON. ONE OF THE OLDEST BREAKFAST DISHES KNOWN TO MAN HAS METAMORPHOSED INTO THE MEAL OF THE MOMENT. THE RESURGENCE OF PORRIDGE (OATMEAL) CAN BE DATED BACK TO THE LAUNCH OF THE GI DIET, SINCE THEN IT'S BEEN TALKED ABOUT AS A HEROIC SUPERFOOD, THOUGHT TO DO EVERYTHING FROM HOOVER UP CHOLESTEROL, BOOST TESTOSTERONE LEVELS, FEND OFF HEART DISEASE, SUPPRESS THE APPETITE AND HELP BEAT DEPRESSION. FOLLOWING ITS POSTMODERN REINVENTION THE TERM "PORRIDGE" HAS COME TO DESCRIBE ANY NOURISHING GRAIN BOWL THAT CAN BE BUILT WITH INGREDIENTS RANGING FROM TRADITIONAL OATMEAL TO WHOLEGRAINS SUCH AS QUINOA, RICE AND MILLET. THE NEW PORRIDGE IS ALL ABOUT CREATING A NUTRIENT-DENSE, GRAIN-BASED MEAL IN ONE BOWL AND HERE NUTRITION AND WELLNESS EXPERT LEAH VANDERVELDT BRINGS YOU 55 INVENTIVE RECIPES. THE BOOK BEGINS WITH A GUIDE TO MAKING THE PERFECT PORRIDGE BASE, FOLLOWED BY IDEAS FOR SUPERFOOD ADD-ONS AND PROTEIN BOOSTS. THE SWEET & WARMING CHAPTER FEATURES THE MORE TRADITIONAL VERSIONS OF PORRIDGE ENJOYED IN WESTERN COUNTRIES AND INCLUDES CINNAMON APPLE PIE, COCONUT, AND MANGO. NEXT UP IS SAVORY AND COZY—WHICH OFFERS INTERPRETATIONS OF PORRIDGE SUCH AS ASIAN CONGEE AND ITALIAN RISOTTO, AS WELL AS SHAKSHUKA PORRIDGE WITH TOMATOES, CHILE AND EGGS OR A RED LENTIL RISOTTO WITH PEAS, ASPARAGUS, AND LEMON. FINALLY, COLD & MAKE AHEAD IS FULL OF REFRESHING SUMMERTIME BOWLS FROM BIRCHER MUESLI TO CHIA PUDDING, SO THAT YOU CAN ENJOY THE NEW PORRIDGE ANY TIME OF THE DAY, ALL YEAR ROUND.

TWO RAW SISTERS ROSA FLANAGAN 2019-10-04 IT'S NO EXAGGERATION TO SAY THAT THE TWO RAW SISTERS ARE VISIONARIES OF PLANT-BASED FOOD IN NEW ZEALAND. ROSA AND MARGO WANT TO SHOW YOU THAT PLANT-BASED FOOD CAN BE BEAUTIFUL, CREATIVE, ECONOMICAL, HEALTHY AND ABOVE ALL, DELICIOUS. WITH STUNNING PHOTOGRAPHY AND OVER 100 EASY-TO-FOLLOW RECIPES, THE TWO RAW SISTERS COOKBOOK WILL INSPIRE YOU TO FRESHEN UP YOUR FOOD CHOICES AND GIVE YOUR HEALTH A BOOST.

FERMENTATION RACHEL DE THAMPLE 2020-09-03 IN FERMENTATION, RACHEL DE THAMPLE SHINES A LIGHT ON ONE OF THE OLDEST METHODS OF PRESERVING FOOD, WHICH IS JUST AS RELEVANT TODAY, AND SHOWS YOU HOW TO PRODUCE DELICIOUS AND HEALTH-BOOSTING FERMENTS IN YOUR OWN KITCHEN. THERE ARE MORE THAN 80 SIMPLE RECIPES TO MAKE EVERYTHING FROM SAUERKRAUT AND SOURDOUGH, KIMCHEE AND KOMBUCHA, TO PICKLES AND PRESERVES, ACCOMPANIED BY THOROUGH EXPLANATIONS OF HOW THE FERMENTING PROCESS WORKS. WITH LITTLE MORE THAN YEAST AND BACTERIA, SALT AND TIME, A WHOLE REALM OF CULINARY POSSIBILITIES OPENS UP. WITH AN INTRODUCTION BY HUGH FEARNLEY-WHITTINGSTALL AND PLENTY OF HELPFUL STEP-BY-STEP PHOTOGRAPHS, THIS BOOK WILL BRING THE ART OF FERMENTATION TO YOUR KITCHEN.

HAPPY & HEALTHY CAROLINE PRITSCHET 2022-01-17 WIE GUT VEGANE ERNÄHRUNG FÜR UNS (UND DIE UMWELT) IST, HAT BLOGGERIN CAROLINE PRITSCHET AM EIGENEN LEIB ERFAHREN. NACH EINER PERSÖNLICHEN KRISE KREMPelte SIE IHR LEBEN KOMPLETT UM: STATT STRESS UND KARRIERE GAB ES NUN ACHTSAMKEIT, YOGA UND MEDITATION, VERBUNDEN MIT EINER REIN PFLANZLICHEN ERNÄHRUNG. IN DIESEM BUCH TEILT SIE IHRE BESTEN ALLTAGSTAUGLICHEN REZEPTE – ZUM TEIL GLUTEN UND LÄRFREI – UND VERMITTELT HINTERGRUNDWISSEN DARÜBER, WIE WIR MIT DER RICHTIGEN ERNÄHRUNG UND EINER ACHTSAMEN HALTUNG LANGFRISTIG GESÜNDER LEBEN KÖNNEN.

MINIMALIST BAKER'S EVERYDAY COOKING DANA SHULTZ 2016-04-26 THE HIGHLY ANTICIPATED COOKBOOK FROM THE IMMENSELY POPULAR FOOD BLOG MINIMALIST BAKER, FEATURING 101 ALL-NEW SIMPLE, VEGAN RECIPES THAT ALL REQUIRE 10 INGREDIENTS OR LESS, 1 BOWL OR 1 POT, OR 30 MINUTES OR LESS TO PREPARE DANA SHULTZ FOUNDED THE MINIMALIST BAKER BLOG IN 2012 TO SHARE HER

PASSION FOR SIMPLE COOKING AND QUICKLY GAINED A DEVOTED WORLDWIDE FOLLOWING. NOW, IN THIS LONG-AWAITED DEBUT COOKBOOK, DANA SHARES 101 VIBRANT, SIMPLE RECIPES THAT ARE ENTIRELY PLANT-BASED, MOSTLY GLUTEN-FREE, AND 100% DELICIOUS. PACKED WITH GORGEOUS PHOTOGRAPHY, THIS PRACTICAL BUT INSPIRING COOKBOOK INCLUDES: • RECIPES THAT EACH REQUIRE 10 INGREDIENTS OR LESS, CAN BE MADE IN ONE BOWL, OR REQUIRE 30 MINUTES OR LESS TO PREPARE. • DELICIOUS OPTIONS FOR HEARTY ENTRÉES, EASY SIDES, NOURISHING BREAKFASTS, AND DECADENT DESSERTS—ALL ON THE TABLE IN A SNAP • ESSENTIAL PLANT-BASED PANTRY AND EQUIPMENT TIPS • EASY-TO-FOLLOW, STEP-BY-STEP RECIPES WITH STANDARD AND METRIC INGREDIENT MEASUREMENTS MINIMALIST BAKER'S EVERYDAY COOKING IS A TOTALLY NO-FUSS APPROACH TO COOKING FOR ANYONE WHO LOVES DELICIOUS FOOD THAT HAPPENS TO BE HEALTHY TOO.

FIVE KILOS IN 5 WEEKS LUKE HINES 2023-01-31 WHEN IT COMES TO HEALTHY, SUSTAINABLE WEIGHT LOSS, KEEPING THINGS SIMPLE IS KEY. IN FIVE KILOS IN FIVE WEEKS, POPULAR TRAINER, FUNCTIONAL NUTRITIONIST AND CLEAN-EATING COOK LUKE HINES GIVES YOU HIS TRIED-AND-TESTED DIET PROGRAM, DESIGNED TO HELP YOU SAFELY LOSE A KILO A WEEK - AND KEEP IT OFF. LUKE'S PROGRAM IS NOT EXTREME - IT'S BASED ON COMMON SENSE AND A CALORIE DEFICIT - AND IT'S ACHIEVABLE FOR ANYONE. BEST OF ALL, IT DOESN'T MEAN MISSING OUT. LUKE'S FULLY CUSTOMISABLE FIVE-WEEK EATING PLAN FEATURES MORE THAN 60 GUILT-FREE RECIPES FOR YOUR FAVOURITE MEALS AND SNACKS, EACH MADE WITH ONLY FIVE INGREDIENTS. LUKE'S RECIPES ARE ALL GLUTEN FREE AND REFINED-SUGAR FREE, AND MANY ARE LOW CARB AND PLANT BASED TOO. ALL RECIPES INCLUDE NUTRITIONAL BREAKDOWNS AND CALORIES PER SERVE. TAKING CHARGE OF YOUR HEALTH HAS NEVER BEEN EASIER, OR MORE DELICIOUS! RECIPES INCLUDE: - PROTEIN PANCAKES WITH STICKY STRAWBERRIES - SWEET POTATO NUGGETS - PISTACHIO-CRUSTED OCEAN TROUT - SPEEDY CHICKEN SOUVA - CLASSIC STEAK FRITES - ONE-BOWL BANANA BREAD - BLACK FOREST BROWNIES

THE KILNER COOKBOOK KILNER 2017-08-10 DIG IN AND GET CREATIVE WITH THE WORLD'S FAVOURITE JAR! KILNER'S CLASSIC CLIP TOP PRESSURE SEALED JARS HAVE BEEN AROUND SINCE 1842, BUT HAVE NEVER BEEN MORE POPULAR THAN THEY ARE TODAY. HOUSEHOLDS ALL OVER THE WORLD TRUST THEM TO SUCCESSFULLY PRESERVE AND PICKLE THEIR FRUIT AND VEGETABLES, BUT DID YOU KNOW YOU CAN COOK AND STORE ANY KIND OF FOOD OR DRINK IN THEM? IN THE VERY FIRST KILNER COOKBOOK, YOU WILL FIND 100 TASTY RECIPES FOR: - CLASSIC AND CREATIVE PICKLES, PRESERVES, CHUTNEYS AND JAMS. - SPEEDY SALAD, SOUP AND BREAKFAST RECIPES, PERFECT FOR PICNICS OR ON-THE-GO. - TEMPTING SWEET TREATS AND DESSERTS FOR SHARING AND GIFTING. - REFRESHING CORDIALS AND TASTY COCKTAILS FOR ALL-YEAR-ROUND CELEBRATIONS. - STEP-BY-STEP INSTRUCTIONS FOR MAKING YOUR FIRST PRESERVE, STERILISING AND SEALING YOUR JARS. COOK IT, SEAL IT, ENJOY IT!

LEAN IN 15 - THE SHIFT PLAN JOE WICKS 2015-12-28 START YOUR JOURNEY TO BETTER HEALTH AND FITNESS NOW WITH THE BODY COACH AND THE BESTSELLING DIET BOOK OF ALL TIME! EAT MORE. EXERCISE LESS. LOSE FAT. IN HIS FIRST BOOK, JOE WICKS, AKA THE BODY COACH, REVEALS HOW TO SHIFT YOUR BODY FAT BY EATING MORE AND EXERCISING LESS. LEAN IN 15 - THE SHIFT PLAN FEATURES A HUNDRED RECIPES FOR NUTRITIOUS, QUICK-TO-PREPARE MEALS - INCLUDING HIS BAD-BOY BURRITO AND OATY CHICKEN - AND GUIDES YOU THROUGH JOE'S SIGNATURE HIIT (HIGH INTENSITY INTERVAL TRAINING) HOME WORKOUTS - REVEALING HOW TO COMBINE FOOD AND EXERCISE TO IGNITE INTENSE FAT-BURNING. IT WILL TEACH YOU HOW TO FUEL YOUR BODY WITH THE RIGHT FOOD AT THE RIGHT TIME SO YOU BURN FAT, BUILD LEAN MUSCLE AND NEVER GO HUNGRY.

HAPPY HEALTHY STRONG KRISSEY CELA 2022-01-06 'IT'S A GREAT PLACE TO START IF YOU'RE SET TO GET FIGHTING FIT' - NEW! MAGAZINE 'THIS WOMAN WILL CHANGE HOW YOU EXERCISE FOREVER' - YOU MAGAZINE FEEL-GOOD FOOD AND FITNESS. UNBELIEVABLE RESULTS. FITNESS GURU KRISSEY CELA WANTS TO TRANSFORM YOUR LIFE WITH HER 360-DEGREE APPROACH TO EXERCISE, EATING WELL AND MINDSET, WITH RESULTS THAT REALLY WORK. HAPPY HEALTHY STRONG IS A SIMPLE AND ACHIEVABLE PLAN THAT YOU CAN DO AT HOME, FOCUSING ON THREE KEY ELEMENTS FOR LIFE-LONG SUCCESS: - TRAIN YOUR BRAIN - TO BUILD YOUR MENTAL STRENGTH - FUEL YOUR LIFE - MORE THAN 80 EASY, DELICIOUS RECIPES TO KEEP YOUR BODY STRONG AND SATISFIED - MOVE MOVE MOVE - OVER 45 AT-HOME EXERCISES, COMPLETE WITH BUILD-YOUR-OWN WORKOUT GUIDES FOR EVERY LEVEL LOOKING AFTER YOUR BODY AND MIND IS THE MOST IMPORTANT THING YOU CAN DO FOR HAPPINESS AND WELLBEING; IT MEANS SO MUCH MORE THAN A NUMBER ON THE SCALES. THROUGH KRISSEY'S TRIED-AND-TESTED ADVICE, YOU WILL FEEL GREAT AND GET RESULTS YOU'VE NEVER THOUGHT POSSIBLE, WITH A PROGRAMME YOU CAN STICK TO FOR LIFE. WITH HAPPY HEALTHY STRONG, YOU CAN SAY GOODBYE TO YO-YO DIETING, FEEL GREAT, AND LIVE A LIFE THAT TRULY EMPOWERS YOU.

FEED ME VEGAN LUCY WATSON 2017-09-07 BEST VEGAN COOKBOOK WINNER IN THE PETA VEGAN FOOD AWARDS 2017 PACKED WITH COMFORTING, EASY-TO-MAKE AND TOTALLY DELICIOUS RECIPES, FEED ME VEGAN SHOWS YOU CAN BE VEGAN AND STILL HAVE YOUR CAKE (AND MAC AND CHEESE, AND LASAGNE, AND PANCAKES) AND EAT IT. PASSIONATE VEGAN LUCY WATSON HAS YOU COVERED WITH TEMPTING MEALS FROM BREAKFAST TO SUPPER - AS WELL AS ALL THE SWEET TREATS AND SNACKS YOU NEED IN BETWEEN! ENOUGH TO TURN THE HEAD OF EVEN THE MOST DEDICATED CARNIVORE, FEED ME VEGAN IS FULL OF TASTY, SATISFYING VEGAN FARE WHICH WILL HAVE EVERYONE ASKING FOR SECONDS. WHETHER YOU'RE ALREADY A FULL-TIME VEGAN, CONSIDERING MAKING THE SWITCH OR JUST TRYING TO CUT DOWN ON MEATS, FISH AND DAIRY, THIS BOOK IS SURE TO ADD NEW FAVOURITE RECIPES TO YOUR REPERTOIRE. RECIPES INCLUDE: • FRY-UP • FRENCH TOAST WITH SPICED PLUMS • CAULIFLOWER WINGS • MUSHROOM MAC AND CHEESE • ULTIMATE CHEESEBURGER • PAD THAI • OREO THICKSHAKE • CHOCOLATE FUDGE CAKE • HOT CINNAMON JAM DOUGHNUTS • MISO AUBERGINE AND MUSHROOM GYOZA

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 TAKEAWAYS, 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!

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.

SLIMMING EATS SIOBHAN WIGHTMAN 2021-12-30 EVERYDAY RECIPES YOU WILL MAKE TIME AND AGAIN - FLAVOURFUL, SIMPLE, SLIMMING AND SO SATISFYING. FROM WILDLY POPULAR BLOG SLIMMING EATS COMES A STUNNING COLLECTION OF 100 BRAND NEW RECIPES PLUS 15 BLOG FAVOURITES. THIS IS AN EVERYDAY COOKBOOK FOR EVERYONE. SIOBHAN'S HOMELY RECIPES ARE DELICIOUS AND REALLY WORK, PLUS OVER 100 ARE UNDER 500 CALORIES. YOU WILL FIND LIFE-LONG FAMILY FAVOURITES, WITH RECIPES FOR BREAKFAST, LUNCH AND DINNER, MEALS TO FEED A CROWD, KID-FRIENDLY DISHES, QUICK FIXES, LOW CALORIE SIDES AND RECIPES TO SATISFY ANY CRAVINGS. THIS IS SLIMMING FOOD AND DELICIOUS FOOD - THERE'S ABSOLUTELY NO SCIMPING ON FLAVOUR HERE! EVERY RECIPE IS MADE TO HELP YOU ACHIEVE YOUR GOALS, FEATURING: * A NUTRITIONAL BREAKDOWN WITH A CALORIE COUNT * HELPFUL POINTERS FOR VEGETARIAN, GLUTEN-FREE AND DAIRY-FREE DIETS * SUGGESTIONS FOR SWAPPING IN LOW-CALORIE SIDES SIOBHAN SHARES INFORMATION ON KEY INGREDIENTS AND USEFUL ITEMS TO KEEP IN YOUR KITCHEN, PLUS A LOT OF MOTIVATION TO KEEP YOU ON TRACK. SLIMMING EATS WILL BE YOUR ULTIMATE KITCHEN COMPANION FOR EATING WELL EVERY DAY.

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 TAKEAWAY, 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.

THE OH SHE GLOWS COOKBOOK ANGELA LIDDON 2014-03-04 THE NEW YORK TIMES BESTSELLER FROM THE FOUNDER OF OH SHE GLOWS "ANGELA LIDDON KNOWS THAT GREAT COOKS DEPEND ON FRESH INGREDIENTS. YOU'LL CRAVE EVERY RECIPE IN THIS AWESOME COOKBOOK!" —ISA CHANDRA MOSKOWITZ, AUTHOR OF ISA DOES IT "SO MANY THINGS I WANT TO MAKE! THIS IS A BOOK YOU'LL WANT ON THE SHELF." —SARA FORTE, AUTHOR OF THE SPROUTED KITCHEN A SELF-TRAINED CHEF AND FOOD PHOTOGRAPHER, ANGELA LIDDON HAS SPENT YEARS PERFECTING THE ART OF PLANT-BASED COOKING, CREATING INVENTIVE AND DELICIOUS RECIPES THAT HAVE BROUGHT HER DEVOTED FANS FROM ALL OVER THE WORLD. AFTER STRUGGLING WITH AN EATING DISORDER FOR A DECADE, ANGELA VOWED TO CHANGE HER DIET — AND HER LIFE — ONCE AND FOR ALL. SHE TRADED THE LOW-CALORIE, PROCESSED FOOD SHE'D BEEN LIVING ON FOR WHOLE, NUTRIENT-PACKED VEGETABLES, FRUITS, NUTS, WHOLE GRAINS, AND MORE. THE RESULT? HER ENERGY SOARED, SHE HEALED HER RELATIONSHIP WITH FOOD, AND SHE GOT HER GLOW BACK, BOTH INSIDE AND OUT. EAGER TO SHARE HER REALIZATION THAT THE FOOD WE PUT INTO OUR BODIES HAS A HUGE IMPACT ON HOW WE LOOK AND FEEL EACH DAY, ANGELA STARTED A BLOG, OHSHEGLOWS.COM, WHICH IS NOW AN INTERNET SENSATION AND ONE OF THE MOST POPULAR VEGAN RECIPE BLOGS ON THE WEB. THIS IS ANGELA'S LONG-AWAITED DEBUT COOKBOOK, WITH A TRASURE TROVE OF MORE THAN 100 MOUTHWATERING, WHOLESOME RECIPES — FROM REVAMPED CLASSICS THAT EVEN MEAT-EATERS WILL LOVE, TO FRESH AND INVENTIVE DISHES — ALL PACKED WITH FLAVOR. THE OH SHE GLOWS COOKBOOK ALSO INCLUDES MANY ALLERGY-FRIENDLY RECIPES — WITH MORE THAN 90 GLUTEN-FREE RECIPES — AND MANY RECIPES FREE OF SOY, NUTS, SUGAR, AND GRAINS, TOO! WHETHER YOU ARE A VEGAN, "VEGAN-CURIOUS," OR YOU SIMPLY WANT TO EAT DELICIOUS FOOD THAT JUST HAPPENS TO BE HEALTHY, TOO, THIS COOKBOOK IS A MUST-HAVE FOR ANYONE WHO LONGS TO EAT WELL, FEEL GREAT, AND SIMPLY GLOW!

THE HAPPY HEALTH PLAN DAVID FLYNN 2020-12-10 FROM THE SUNDAY TIMES BESTSELLING AUTHORS, THE HAPPY PEAR 'MY GO-TO FOR INCREDIBLE VEGAN RECIPES' JOE WICKS 'AWESOME PLANS THAT SHOW HOW PLANT-BASED FOOD CAN TRANSFORM YOUR HEALTH' BOSH!

WANT TO IMPROVE YOUR HEALTH, LOSE WEIGHT OR GAIN MORE ENERGY? A PLANT-BASED DIET MIGHT BE THE ANSWER YOU'RE LOOKING FOR. THE HAPPY HEALTH PLAN BRINGS YOU 90 BRAND NEW, MOUTH-WATERING RECIPES AND FOUR BESPOKE MEALS STRAIGHT FROM THE HAPPY PEAR KITCHEN. THE RECIPES HAVE BEEN SPECIALLY DESIGNED WITH MEDICAL EXPERTS TO LOOK AFTER YOUR HEART, GIVE YOU GLOWING SKIN, CALM YOUR GUT AND HELP YOU LOSE WEIGHT, WITHOUT COUNTING A SINGLE CALORIE. COOKING WITH MORE PLANTS MEANS THAT EVERY MEAL IS FULL OF FIBRE, HIGH IN VITAMINS AND LOW IN SATURATED FAT, WHICH MEANS THEY BOOST YOUR ENERGY, REDUCE CHOLESTEROL AND KEEP YOU FULLER FOR LONGER. INCLUDING LOTS OF CLASSIC DISHES, FROM A CREAMY CARBONARA TO A KATSU CURRY, A FLUFFY PANCAKE STACK AND EVEN A BERRY CRUMBLE, THIS BOOK WILL HELP YOU TO LOOK AFTER YOUR WHOLE BODY HEALTH, INSIDE AND OUT, WITH TASTIER FOOD THAN EVER BEFORE.

THE SLIMMING AND THE TASTY RATKO STOLAR 2022-12-29 'BEAUTIFUL... THIS BOOK IS ABSOLUTELY AWASH WITH RECIPES THAT WILL DELIGHT AND SURPRISE' --TWOCHUBBYCUBS DISCOVER 100 MOUTH-WATERING RECIPES UNDER 600 CALORIES TO HELP ANY HOME COOK CREATE SIMPLE, HEALTHY, MEALS THAT ARE SATISFYING, PACKED WITH FLAVOUR AND SLIMMING-FRIENDLY. BURSTING WITH DELICIOUS RECIPES FOR HEARTY BREAKFASTS, SATISFYING LUNCHES AND COMFORTING DINNERS, SLIMMING & TASTY WILL KEEP YOU AND YOUR FAMILY FULL AND HAPPY THROUGHOUT THE DAY WITHOUT COMPROMISING YOUR SLIMMING JOURNEY. FOR WEEKDAYS WHEN YOU'RE SHORT ON TIME, YOU'LL FIND SPEEDY BREAKFASTS YOU CAN MAKE THE NIGHT BEFORE, SUCH AS TIRAMISU OVERNIGHT OATS OR BANOFFEE WEETABIX, AND PREP-AHEAD LUNCHBOXES LIKE SUSHI ROLL IN A BOWL OR CHICKEN AND BACON RANCH POTATO SALAD. FOR WEEKENDS TUCK INTO LAZY BRUNCHES LIKE SAVORY CHEESY HASH BROWN WAFFLES OR A SWEET BLUEBERRY AND APPLE BREAKFAST CRUMBLE. YOU'LL ALSO FIND PLENTY OF RECIPES FOR SATISFYING DINNERS AND SIMPLE-BUT-TASTY TRAYBAKES YOU'LL LOOK FORWARD TO EVERY EVENING OF THE WEEK. LATOYAH EGERTON, CREATOR OF SUGAR PINK FOOD, IS ALSO THE 'QUEEN OF THE TAKEAWAY', AND SHE SHARES HER FAVOURITE RECIPES FOR SATISFYING CRAVINGS FOR A CHEEKY FRIDAY NIGHT TAKEAWAY, SUCH AS HEALTHIER VERSIONS OF A FRIED CHICKEN FEAST, FISH AND CHIPS, LO MEIN NOODLES, AND LAMB BHUNA CURRY, TO NAME A FEW. AND FOR THOSE WHO WANT SOME EXTRA HELP ON THEIR SLIMMING JOURNEY, YOU'LL FIND A LOW-CALORIE 7-DAY HEALTHY MEAL PLAN TO GET YOU FEELING MOTIVATED AND INSPIRED TO COOK NUTRITIOUS AND DELICIOUS MEALS AT HOME. YOU'LL QUICKLY DISCOVER THAT SLIMMING DOESN'T NEED TO BE BLAND OR BORING!

SLIMMING AND TASTY LATOYAH EGERTON 2022-12-29 'BEAUTIFUL... THIS BOOK IS ABSOLUTELY AWASH WITH RECIPES THAT WILL DELIGHT AND SURPRISE' --TWOCHUBBYCUBS DISCOVER 100 MOUTH-WATERING RECIPES UNDER 600 CALORIES TO HELP ANY HOME COOK CREATE SIMPLE, HEALTHY, MEALS THAT ARE SATISFYING, PACKED WITH FLAVOUR AND SLIMMING-FRIENDLY. BURSTING WITH DELICIOUS RECIPES FOR HEARTY BREAKFASTS, SATISFYING LUNCHES AND COMFORTING DINNERS, SLIMMING & TASTY WILL KEEP YOU AND YOUR FAMILY FULL AND HAPPY THROUGHOUT THE DAY WITHOUT COMPROMISING YOUR SLIMMING JOURNEY. FOR WEEKDAYS WHEN YOU'RE SHORT ON TIME, YOU'LL FIND SPEEDY BREAKFASTS YOU CAN MAKE THE NIGHT BEFORE, SUCH AS TIRAMISU OVERNIGHT OATS OR BANOFFEE WEETABIX, AND PREP-AHEAD LUNCHBOXES LIKE SUSHI ROLL IN A BOWL OR CHICKEN AND BACON RANCH POTATO SALAD. FOR WEEKENDS TUCK INTO LAZY BRUNCHES LIKE SAVORY CHEESY HASH BROWN WAFFLES OR A SWEET BLUEBERRY AND APPLE BREAKFAST CRUMBLE. YOU'LL ALSO FIND PLENTY OF RECIPES FOR SATISFYING DINNERS AND SIMPLE-BUT-TASTY TRAYBAKES YOU'LL LOOK FORWARD TO EVERY EVENING OF THE WEEK. LATOYAH EGERTON, CREATOR OF SUGAR PINK FOOD, IS ALSO THE 'QUEEN OF THE TAKEAWAY', AND SHE SHARES HER FAVOURITE RECIPES FOR SATISFYING CRAVINGS FOR A CHEEKY FRIDAY NIGHT TAKEAWAY, SUCH AS HEALTHIER VERSIONS OF A FRIED CHICKEN FEAST, FISH AND CHIPS, LO MEIN NOODLES, AND LAMB BHUNA CURRY, TO NAME A FEW. AND FOR THOSE WHO WANT SOME EXTRA HELP ON THEIR SLIMMING JOURNEY, YOU'LL FIND A LOW-CALORIE 7-DAY HEALTHY MEAL PLAN TO GET YOU FEELING MOTIVATED AND INSPIRED TO COOK NUTRITIOUS AND DELICIOUS MEALS AT HOME. YOU'LL QUICKLY DISCOVER THAT SLIMMING DOESN'T NEED TO BE BLAND OR BORING!

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.

BEAUTIFULLY REAL FOOD SAM MURPHY 2017-02-23 MANY OF US, FOR VARIOUS REASONS, ARE TRYING TO REDUCE THE AMOUNT OF MEAT AND DAIRY IN OUR DIETS BUT ARE RELUCTANT TO LET GO OF OUR FAVOURITE FOODS. WHEN CHEF SAM MURPHY DECIDED TO CHANGE HER LIFESTYLE, ORIGINALLY JUST TO LOSE WEIGHT AND HAVE A MORE BALANCED DIET, SHE ASSUMED THAT HER DAYS OF EATING PIZZAS, BURGERS AND BROWNIES WERE OVER. BUT AFTER EXPERIMENTING IN THE KITCHEN, SAM REALIZED THAT SHE COULD STILL EAT ALL OF THOSE IRRESISTIBLY INDULGENT DISHES WHILE LOOKING AFTER HERSELF AND THE WORLD AROUND HER. BRINGING ALL OF SAM'S BEST RECIPES TOGETHER, THIS INCREDIBLE COLLECTION INCLUDES DELICIOUS, HEALTHY OPTIONS FOR BREAKFAST, LUNCH AND DINNER, AS WELL AS SIDES, SALADS, SAUCES, SMOOTHIES AND DESSERTS. IT FEATURES SAM'S RECIPES FOR: SPAGHETTI CARBONARA CHICKPEA CHILLI CHEESE TOASTIES LOADED VEGAN HOT DOGS SALTED CARAMEL BROWNIES COOKIE DOUGH CEREAL THE VEGAN BIG MAC AND MANY, MANY MORE. WHETHER YOU'RE LOOKING TO GO WITHOUT MEAT OR DAIRY EVERY DAY, EVERY WEEK OR JUST ONCE A MONTH, OR IF YOU

JUST WANT TO INDULGE IN GUILTY FOOD WITHOUT THE GUILT, BEAUTIFULLY REAL FOOD IS THE PERFECT GUIDE TO MAKING MEALS YOU CAN REALLY ENJOY.

NATURALLY SASSY SASKIA GREGSON-WILLIAMS 2015-08-06 'My aim is to make changing the way you eat easy, attainable and non-threatening. I want to take food back to basics: simple, healthy, plant-based recipes, full of unprocessed natural ingredients that taste great. Just remember what you need to help you THRIVE (tasty, healthy recipes that increase vitality effortlessly).' SASKIA BE FIT AND STRONG NOT SKINNY, HAPPY NOT GUILTY WITH 100 HEALTHY RECIPES FOR EVERY DAY, DELICIOUSLY FREE FROM MEAT, DAIRY AND WHEAT. SASKIA'S DELICIOUS, EASY-TO-MAKE RECIPES WILL PROVE TO SUGAR ADDICTS, HARDENED CARNIVORES AND DAIRY LOVERS THAT PLANT-BASED EATING IS DELICIOUS, FUN AND SATISFYING - AS WELL AS REALLY GOOD FOR YOU. RECIPES ARE EITHER QUICK AND SIMPLE OR CAN BE MADE AHEAD, INGREDIENTS ARE AFFORDABLE AND EASY TO FIND, AND YOU DON'T NEED LOTS OF EXPENSIVE EQUIPMENT TO MAKE THIS FOOD. AS A BALLET DANCER, THIS DIET GIVES SASKIA ALL THE ENERGY AND NUTRITION SHE NEEDS TO TRAIN, RECOVER AND PERFORM BUT YOU DON'T HAVE TO BE AN ATHLETE TO BENEFIT FROM THIS BOOK. THESE RECIPES WILL OVERHAUL YOUR HEALTH, LEAVE YOUR SKIN HEALTHY AND GLOWING, GIVE YOU ENERGY TO TACKLE EVERY SITUATION AND OCCASION FROM GYM WORK-OUTS TO THAT SPECIAL OCCASION FOR WHICH YOU NEED TO LOOK FOR BEST, AND GIVE YOUR BODY ALL THE NUTRIENTS IT NEEDS TO BE HEALTHY.

MOMOFUKU MILK BAR CHRISTINA TOSI 2018-10-04 CHEF AND OWNER OF MOMOFUKU MILK BAR, CHRISTINA TOSI BRINGS YOU A COMPLETE, GENUINELY ORIGINAL, ANTHOLOGY OF SWEET RECIPES THAT ARE INCOMPARABLE. AT A TIME WHEN BAKING HAS FOUND ITSELF A NEW HOME IN THE HEARTS OF THE BRITISH PUBLIC, THIS COLLECTION OF RECIPES IS PERFECT FOR COOKIE, PIE AND CAKE ADDICTS WHO NEED THEIR SUGARY FIX. WITH A DELIGHTFUL FOREWORD BY DAZZLING CHEF DAVID CHANG, MOMOFUKU MILK BAR IS A PERFECT DESSERT-FILLED COMPLEMENT TO CHANG'S MOMOFUKU COOKBOOK. CHRISTINA'S COLLECTION IS BRIMMING WITH NEW TASTE SENSATIONS.

OH SHE GLOWS EVERY DAY ANGELA LIDDON 2017-01-12 WITH OVER ONE HUNDRED TASTY, FAMILY-FRIENDLY PLANT-BASED RECIPES IN THE FOLLOW-UP TO THE BESTSELLING OH SHE GLOWS COOKBOOK, OH SHE GLOWS EVERY DAY IS THE PERFECT BOOK FOR BUSY PEOPLE WANTING FUSS-FREE HEALTHY EATING ON A DAILY BASIS. ANGELA LIDDON'S IRRESISTIBLE AND FOOLPROOF RECIPES HAVE BECOME THE GOLD STANDARD FOR PLANT-BASED COOKING. HER PHENOMENALLY POPULAR BLOG AND BESTSELLING DEBUT, THE OH SHE GLOWS COOKBOOK, HAVE AMASSED MILLIONS OF FANS EAGER FOR HER LATEST COLLECTION OF CREATIVE AND ACCESSIBLE RECIPES. NOW, IN THIS HIGHLY ANTICIPATED FOLLOW-UP COOKBOOK, LIDDON SHARES WILDLY DELICIOUS RECIPES THAT ARE PERFECT FOR BUSY LIFESTYLES, PROMISING TO MAKE PLANT-BASED EATING CONVENIENT EVERY DAY OF THE WEEK-INCLUDING HOLIDAYS AND SPECIAL OCCASIONS! FILLED WITH MORE THAN ONE HUNDRED FAMILY-FRIENDLY RECIPES EVERYONE WILL LOVE, LIKE OH EM GEE VEGGIE BURGERS, FUSILLI LENTIL-MUSHROOM BOLOGNESE, AND ULTIMATE FLOURLESS BROWNIES, OH SHE GLOWS EVERY DAY ALSO INCLUDES USEFUL INFORMATION ON ESSENTIAL PANTRY INGREDIENTS AND TIPS ON MAKING RECIPES KID-, ALLERGY-, AND FREEZER-FRIENDLY. A BEAUTIFUL GO-TO COOKBOOK FROM ONE OF THE INTERNET'S MOST BELOVED COOKING STARS, OH SHE GLOWS EVERY DAY PROVES THAT IT'S POSSIBLE TO COOK SIMPLE, NOURISHING, AND TASTY MEALS-EVEN ON A BUSY SCHEDULE. 'A COLOURFUL COMPENDIUM OF PLANT-BASED RECIPES. A SELECTION OF HEALTHY DISHES FOR VEGANS, VEGETARIANS AND OMNIVORES ALIKE, AS WELL AS OPTIONS FOR THOSE WITH FOOD ALLERGIES. LIDDON PROVIDES EASY, FREEZABLE AND "KID FRIENDLY" DISHES FOR TIME-STRAPPED PARENTS WHO ARE KEEN TO ENSURE THAT BOTH THEY AND THEIR OFFSPRING CAN MAINTAIN A HEALTHY DIET' DAILY TELEGRAPH

MY NEW ROOTS SARAH BRITTON 2015-04-09 'A TOTAL INSPIRATION IN MY KITCHEN, THIS BOOK IS AN ESSENTIAL READ FOR ANYONE WANTING TO PUT MORE WHOLE FOODS, VEG AND JOY INTO THEIR KITCHEN.' - ANNA JONES AUTHOR OF A MODERN WAY TO EAT MY NEW ROOTS IS PACKED WITH MORE THAN ONE HUNDRED SIMPLE AND MOUTH-WATERING VEGETARIAN RECIPES, INCLUDING FRAGRANT COURGETTE AND COCONUT NOODLE SOUP, HOMEMADE GINGER ALE, COMFORTING CHOCOLATE CHILLI AND A DECADENT CHAI UPSIDE-DOWN PLUM CAKE. WHETHER YOU'RE VEGETARIAN OR VEGAN OR JUST WANT TO INTRODUCE MORE PLANTS INTO YOUR DIET, THERE ARE SO MANY SEASONAL OPTIONS TO CHOOSE FROM IN THIS BEAUTIFUL BOOK. MY NEW ROOTS EMBRACES ALL-NATURAL INGREDIENTS - SO YOU CAN HAVE AS MUCH AS YOU WANT AND KNOW THAT IT'S GOOD FOR YOUR BODY. WITH OPTIONS THAT ARE FREE FROM SUGAR AND GLUTEN, THESE SEASONAL, HEALTHY RECIPES ARE DESIGNED TO TASTE INCREDIBLE, SATISFY YOUR APPETITE AND MAKE YOU FEEL FANTASTIC. SARAH BRITTON'S HEALTHY EATING BLOG MY NEW ROOTS DRAWS OVER HALF A MILLION VIEWS A MONTH WITH HER VIBRANT VEGETARIAN DISHES. THIS BEAUTIFUL BOOK PUTS DELICIOUS AND IRRESISTIBLE WHOLE FOODS AT THE CENTRE OF EVERY PLATE. 'SARAH BRITTON IS A SHINING EXAMPLE OF THE BENEFITS OF HEALTHY, MEAT-FREE EATING . . . MY NEW ROOTS TAKES THE PLANT-BASED CROWN' - STYLIST

HEALTHY RECIPES BY SUGAR PINK FOOD LATOYAH EGERTON 2019-01-29 50 DELICIOUS, LOW CALORIE, EASY TO MAKE MEALS FROM THE POPULAR FOOD BLOG SUGAR PINK FOOD. PERFECT FOR A HEALTHY EATING LIFESTYLE. INCLUDES BREAKFASTS, LUNCHESES, DINNERS AND DESSERTS, AS WELL AS SOME OF YOUR FAVOURITE 'TAKEAWAYS' MADE AT HOME AND HEALTHY!

CIARA ATTWELL 2023-01-26 SAVE TIME AND MONEY BY COOKING ONCE FOR THE WHOLE FAMILY - NO MORE SEPARATE MEALS FOR YOU AND YOUR KIDS! FOOD BLOGGER, COOKERY WRITER, BUSY MUM AND FOUNDER OF THE HUGELY SUCCESSFUL MY FUSSY EATER BRAND, CIARA ATTWELL, WILL SHOW YOU HOW TO KEEP EVERYONE HAPPY AT MEALTIMES. THE FUSS-FREE FAMILY COOKBOOK INCLUDES HEALTHY, QUICK IDEAS FROM BREAKFAST, LUNCH AND WEEKDAY DINNERS TO SNACKS, SALADS AND SIDES. WITH A FEW SIMPLE TWEAKS TO HER RECIPES, CIARA ENSURES THAT EVERY DISH WILL SUIT BOTH ADULTS AND CHILDREN. CIARA'S BOOK IS PACKED WITH 100 TASTY RECIPES THAT EVEN THE PICKIEST EATERS WILL LOVE, INCLUDING: · BANANA ORANGE BREAKFAST MUFFINS · CREAMY CHIPOTLE PRAWN PASTA · SESAME-CRUSTED COD TACOS · BLUEBERRY LEMON CHEESECAKE BARS · CARROT CAKE MUFFINS WITH CIARA'S HELP, YOU CAN RECLAIM YOUR TIME, WHILE STILL CREATING DELICIOUS FOOD THE WHOLE FAMILY WILL LOVE. *RECIPES SUITABLE FOR CHILDREN AGED 2 AND ABOVE*

THE NORDIC BAKING BOOK MAGNUS NILSSON 2018-10-15 THE ACCLAIMED CHEF FEATURED IN THE EMMY-AWARD WINNING US PBS SERIES THE MIND OF A CHEF AND THE NETFLIX DOCUSERIES CHEF'S TABLE EXPLORES THE RICH BAKING TRADITION OF THE NORDIC REGION, WITH 450 TEMPTING RECIPES FOR HOME BAKERS NORDIC CULTURE IS RENOWNED FOR ITS LOVE OF BAKING AND BAKED GOODS: HOT COFFEE IS PAIRED WITH CINNAMON BUNS SPICED WITH CARDAMOM, AND COLD WINTER NIGHTS ARE MADE COZIER WITH THE WARMTH OF THE OVEN. NO ONE IS BETTER EQUIPPED TO EXPLORE THIS SUBJECT THAN ACCLAIMED CHEF MAGNUS NILSSON. IN THE NORDIC BAKING BOOK, NILSSON DELVES INTO ALL ASPECTS OF NORDIC HOME BAKING - MODERN AND TRADITIONAL, SWEET AND SAVORY - WITH RECIPES FOR EVERYTHING FROM BREADS AND PASTRIES TO CAKES, COOKIES, AND HOLIDAY TREATS. NO OTHER BOOK ON NORDIC BAKING IS AS COMPREHENSIVE AND INFORMATIVE. NILSSON TRAVELLED EXTENSIVELY THROUGHOUT THE NORDIC REGION - DENMARK, THE FAROE ISLANDS, FINLAND, GREENLAND, ICELAND, NORWAY, AND SWEDEN - COLLECTING RECIPES AND DOCUMENTING THE LANDSCAPE. THE 100 PHOTOGRAPHS IN THE BOOK HAVE BEEN SHOT BY NILSSON - NOW AN ESTABLISHED PHOTOGRAPHER, FOLLOWING HIS SUCCESSFUL EXHIBITIONS IN THE US. FROM THE PUBLISHER OF NILSSON'S INFLUENTIAL AND INTERNATIONALLY BESTSELLING F&V VIKEN AND THE NORDIC COOKBOOK.

THE FUSS-FREE FAMILY COOKBOOK: NO MORE SEPARATE MEALS FOR ADULTS AND CHILDREN!