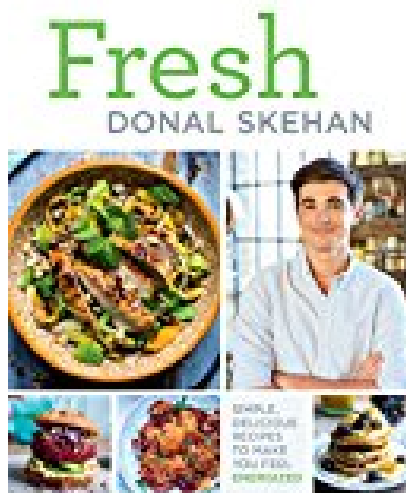


Fresh Simple Delicious Recipes to Make You Feel Energized!



BOOK DETAILS

- Author : Donal Skehan
- Pages : 224 Pages
- Publisher : Sterling Epicure
- Language : English
- ISBN : 1454923040

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BOOK SYNOPSIS

Simple, delicious, healthy recipes from Irish TV and Saturday Kitchen host Donal Skehan "I aim for balanced eating, which allows me to enjoy the food Ive always loved but also puts a focus on including as much seasonal fresh fruit and vegetables, grains and smaller amounts of high-quality meats in my diet. I take my time to cook and I take my time to eat. These rules allow me to stay true to what I believe good home cooking to be - at its heart, this is a book of healthy, fresh recipes that are as nourishing as they are delicious." DONAL SKEHAN FRESH is jam-packed with yummy recipes to cook at home and fill you with energy. Dont deprive yourself - its all about maximising your health through eating delicious and nutrient-packed food. Tying into Donals TV series on eating for energy, FRESH includes recipes for breakfasts and snacks as well as Food On The Run, Quick Cook Suppers, and Better For You Dessert & Sweet Treats, such as Peanut Butter Brownies, Mega Beetroot Burgers, Mini Quinoa, Pea and Courgette Cakes, Gluten-free Pancakes with Blueberry, Banana and Honey - big on flavour and chock-full of goodness!

FRESH SIMPLE DELICIOUS RECIPES TO MAKE YOU FEEL ENERGIZED! -

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