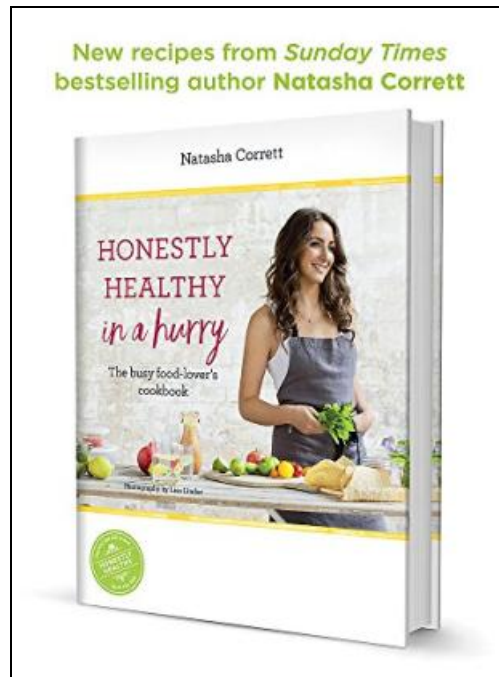


## Honestly Healthy in a Hurry: The busy food-lover s cookbook (Hardback)



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### **Reviews**

*Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**(Mr. Roger Luetgen III)**

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Hodder Stoughton General Division, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. The must-have vegetarian cookbook for easy healthy recipes to cook at home. Gourmet vegetarian chef Natasha Corrett will inspire you to ditch the processed, sugar-laden foods we resort to when we re busy, reduce food waste and actually save money. With a focus on cooking from scratch, Honestly Healthy in a Hurry contains super speedy suppers that you can make in no time; dishes that are quick to prepare and can be left in the oven while you get on with other things; and cook ahead ingredients that will prep you for a stress-free week ahead. With healthy smart swaps, batch cooking and tips that will save you time and money plus over 90 vegetarian, cows dairy-free, refined sugar-free recipes based on alkaline eating principles, the book includes delicious eats like Avocado Yogurt Breakfast; Ten Minute Turmeric Quinoa Risotto; Griddled Aubergine Miso Salad; Cauliflower Protein Brownies and Watermelon Rose Sorbet. Full of inspiring ideas for suppers, breakfasts, snacks and sweet tweets, reignite your passion for simple, fresh ingredients. You re never too busy to create a healthy meal bursting with natural flavour and goodness. Fall back in love with the kitchen and change your life for the better with Honestly Healthy in a Hurry.



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