



River Cottage Light & Easy: Healthy Recipes for Every Day

By Hugh Fearnley-Whittingstall

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'Eating more healthily isn't about denial. For example, reducing one's dependence on wheat flour and dairy ingredients, which don't appear at all in this book, turns out to be a delicious voyage of discovery. New grains, new oils, new tastes, new combinations: it all adds up to a new zest for life.' Hugh Fearnley-Whittingstall
Ever lack the time or inspiration to cook a nourishing meal after a hectic day? Delicious, health-giving food doesn't have to be time-consuming and complicated. In River Cottage Light & Easy Hugh Fearnley-Whittingstall delivers wholesome delights with zero compromise on taste for all occasions - from brilliant breakfasts to goodness on the go, from crunchy salads to simple roasts and hotpots, from nutrient-packed fish dishes to lighter breads, baking and treats (we all need those!). Each recipe is dairy-free and wheat-free, and all are guaranteed to bring a fresh energy and vitality to your everyday cooking and eating. The 170 flavour-hitting recipes include: easy almond milk, pumpkin seed drop scones, savoury buckwheat galettes, wheat-free spinachy wraps, rye grissini, swede and smoky bacon soup, fragrant Asian broth, raw courgette and fennel salad with peanut dressing, Nordic slaw with rye crumbs, fish-rizo with broad beans, speedy fish and tomato curry, easiest ever storecupboard fishcakes, spiced beef with bashed beans, aromatic nutty chicken, lamb and cashew curry, smashed roast Jerusalem artichokes, beetroot burgers, perky pestos, feisty salsas, rhubarb, apple and ginger pie, peach and orange sorbet, chocolate and avocado mousse, chestnut marmalade muffins and life-loving brownies...With striking photography from Simon Wheeler, this beautiful book provides solutions to creating the most nourishing and healthy of meals as quickly and easily as possible.

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This River Cottage Light & Easy: Healthy Recipes for Every Day book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this publication incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of River Cottage Light & Easy: Healthy Recipes for Every Day without we understand teach the one who examining it become critical in considering and analyzing. Don't always be worry River Cottage Light & Easy: Healthy Recipes for Every Day can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even mobile phone. This River Cottage Light & Easy: Healthy Recipes for Every Day having good arrangement in word along with layout, so you will not experience uninterested in reading.

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Michael Albright:

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Glenn Stops:

Is it anyone who having spare time and then spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This River Cottage Light & Easy: Healthy

Recipes for Every Day can be the solution, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

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