



200 Healthy Feasts

By Jo McAuley

Paperback. Book Condition: New. Not Signed; Hamlyn All Colour Cookbook 200 Healthy Feasts will show you that 'healthy' doesn't have to mean 'boring'. If your aim is to eat healthily, but dread feeling hungry and lacking in energy, then Healthy Feasts will show you how easy it is by offering a variety of delicious, substantial and nutritious recipes designed to satisfy even the biggest appetites and keep you going until the next meal. With a focus on getting your '5-a-day' and eating meals rich in fish, fibre and maintaining a GI balance, Healthy Feasts provides for wholesome meals without the restraints of a traditional diet. The great flavours, appearance and aromas from these recipes will appeal to all your senses and by following the recipes in this book, you will find it easier and more enjoyable to eat a healthy, well-balanced diet without the feeling that you are being denied all the 'good stuff'. book.



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