



The Little Green Spoon: Deliciously healthy home-cooking to share and enjoy (Hardback)

By Indy Power

Ebury Publishing, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. `Ireland's answer to Deliciously Ella. this girl is going to go far - and we're not going to go hungry - Stellar Magazine The Little Green Spoon includes over 100 gorgeous and healthy everyday recipes that don't compromise on anything, least of all taste! Indy Power aims to make mealtimes as simple as possible, and has marked every dish with vegan, paleo, gluten-free and dairy-free symbols so that you can easily identify the perfect food to suit the way you choose to eat. Her recipes will make you fall in love with healthy food that's easy, accessible and perfect for sharing with family and friends. Transforming how we view healthy food, Indy has created a stunning collection of nourishing dishes that taste just as amazing as they will make you feel.

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