



Fresh: Simple, delicious recipes to make you feel energised (Hardback)

By Donal Skehan

Hodder Stoughton General Division, United Kingdom, 2015. Hardback. Condition: New. Language: English . Brand New Book. 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 I ve 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 SKEHANFRESH is jam-packed with yummy recipes to cook at home and fill you with energy. Don t deprive yourself - it s all about maximising your health through eating delicious and nutrient-packed food.Tying into Donal s 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...



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