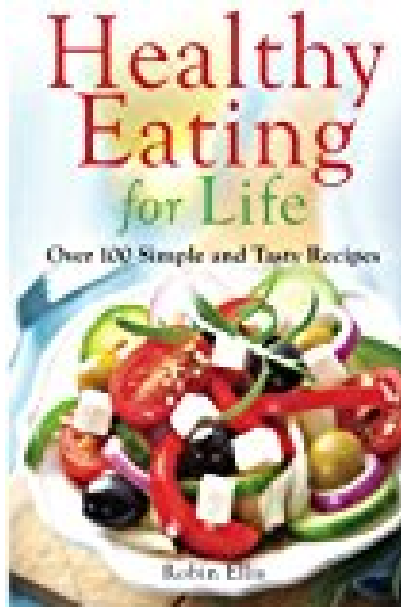


Healthy Eating for Life Over 100 Simple and Tasty Recipes



BOOK DETAILS

- Author : Robin Ellis
- Pages : 192 Pages
- Publisher : Palo Alto Publishing
- Language : English
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BOOK SYNOPSIS

A collection of simple but tasty recipes from Robin Ellis based on the Mediterranean way of cooking. Includes such recipes as Chilled Curried Apple Soup; Sweet Potato, Fennel and Smoky Bacon au Gratin; Cauliflower Roasted with Garlic and Coriander Seeds; Turkish Spinach with Rice; Smoky Spanish Fish Stew; Chicken and Leeks with Lemon; Pork Chops Braised with Rosemary, Garlic and Thyme; Hazelnut Pasta; Chickpea, Leek and Fennel Curry; Peaches in Honey and Lime; and much more.

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