



My Family Table: Simple Wholefood Recipes from Petite Kitchen (Hardback)

By Eleanor Ozich

MURDOCH BOOKS, Australia, 2017. Hardback. Condition: New. Language: English . Brand New Book. In Eleanor Ozich s second book My Family Table she presents over 100 wonderfully simple, nourishing and wholesome recipes that can be loved and prepared by the whole family. She takes some classic family favourites and adds her own wholesome, creative twist, keeping it really simple and using plenty of herbs and aromatic flavours for scrumptious taste combinations. The five chapters take you through the day- from healthy, satisfying breakfasts, to snacks and lunch box stars, family suppers and after-dinner treats. Each recipe contains unprocessed, natural ingredients for dishes that are uncomplicated, quick to prepare, yet delightfully delicious.

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