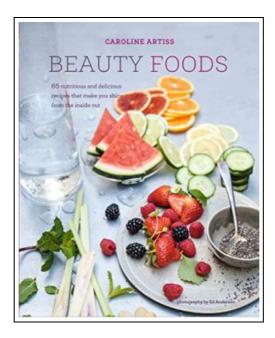
# Beauty Foods: 65 Nutritious and Delicious Recipes That Make You Shine from the Inside out (Hardback)



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# BEAUTY FOODS: 65 NUTRITIOUS AND DELICIOUS RECIPES THAT MAKE YOU SHINE FROM THE INSIDE OUT (HARDBACK)



Ryland, Peters Small Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English. This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Always wanted thick, strong, shiny, luscious looking locks? Crave beautiful, clear skin and strong bones and teeth? Let s get to the root of the problem and start with your diet. Beauty Foods is filled with recipes you can make at home that are specifically designed to feed your body with all the nutrients it needs to glow. A no-nonsense approach to eating clean for body and mind to get you looking and feeling great. YouTube sensation Caroline Artiss starts with a diagnostic glossary of Beauty Ingredients that highlights the best things to feature in your daily food regime. She then offers a selection of fresh and inventive Drinks using everyday ingredients as well as superfoods, giving advice on the combination of ingredients as beauty treatments. Try an Avocado Smoothie, Baobab Lemonade or Coconut Ghee Coffee. Next up, she ll help you to start the day right with Breakfasts including `Save Our Skin Granola, Turmeric Scrambled Eggs and Gluten-free Breakfast Tacos. Snacks Sides keep hunger at bay with ideas for Ancient Grain Crackers and Vietnamese Chicken Bites, as well as sides for super-sized meals or dinner parties, such as Salsify Mash and Sweet Potato Fries. Soups Small Plates has all your bone broth needs covered and makes the most of fresh produce with ideas for Artichoke, Pea Mint Frittata with Fermented Kefir or Carrot, Feta Walnut Latkes. Larger Plates focuses on meals that won t leave you longing for more. Try Green Tea Coconut Chicken, a Chilli, Orange Tofu with Kale Salad, Chia Chimichurri Steak or Wild Mushroom Amaranth Risotto. Finally, Caroline offers some...



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