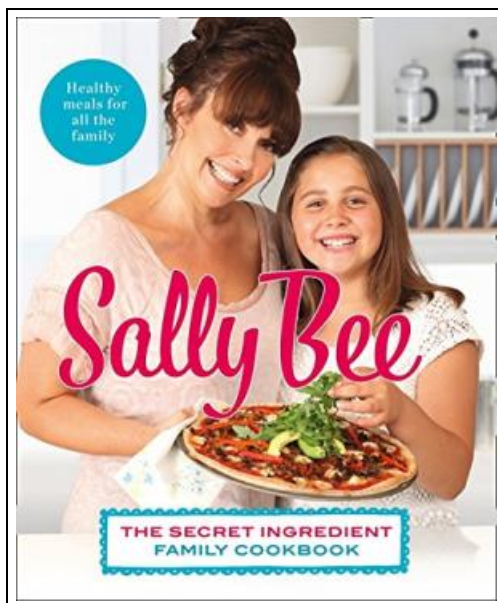


The Secret Ingredient: Family Cookbook (Paperback)



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Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me).

(Taylor Medhurst)

THE SECRET INGREDIENT: FAMILY COOKBOOK (PAPERBACK)

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HarperCollins Publishers, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Bestselling author, home cook, heart-attack survivor and busy mum of three Sally Bee turns her attention to family cooking. Sally Bee's fourth book. At the time of writing this book, Sally is hurtling towards an anniversary that she has mixed feelings about. At the age of 36 Sally had three heart attacks in a week. This summer it will be nine years since Sally died. And nine years since she came back to life. Sally is a living miracle and it is her diet that keeps her fighting and strong. She knows better than anyone how to incorporate healthy eating into your daily life. In her bestselling debut *The Secret Ingredient* she shared clean and healthy versions of the classic dishes we all love. Now she shows you how to create affordable and simple healthy recipes all the family will adore. Sally believes the best way to keep your family healthy is to serve everyone the same food - food that tastes good, looks good and does you good. Whether it's a super quick midweek Bolognese packed full of goodness or tasty Thai prawn skewers, an easy guilt-free chicken pie, delicious oatmeal cookies or a healthy take on your favourite takeaway classics. Sally knows better than anyone, when you're feeding the family day in, day out, you want simplicity, speed and lots of great taste and health benefits. In this beautiful new family cookbook, she offers over 100 new recipes that deliver a healthy lifestyle and a happy home life. Alongside the recipes, there are tips on how to get your children involved, and lots of straightforward advice of how to change your eating habits. Sally's plans are realistic and easy-to-follow, offering...

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