

## The Happy Pear: Healthy, Easy, Delicious Food to Change Your Life (Hardback)



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### **Reviews**

*This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.*

*(Cheyanne Barrows)*

## THE HAPPY PEAR: HEALTHY, EASY, DELICIOUS FOOD TO CHANGE YOUR LIFE (HARDBACK)

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Penguin Books Ltd, Ireland, 2015. Hardback. Condition: New. Language: English . Brand New Book. The No 1 bestselling cookery book in Ireland - for two years running! These lovely boys always create incredibly tasty food. Jamie OliverLet s face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we re not sure how to turn all that great produce into great food.Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour.The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a cafe. Their revolution has not only succeeded, but it is spreading, and The Happy Pear s fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars.David and Stephen s first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they ve succeeded in building a food business based on flavour, health and community. The poster boys for a healthy way of life Sunday Times I love The Happy Pear . genuinely good food that brings healthy eating in from the cold Irish Times My favourite [vegetarian cookbook] . packed with recipes, health advice and inspirational stories. Huffington Post A beautifully presented book with mouthwatering photography...

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