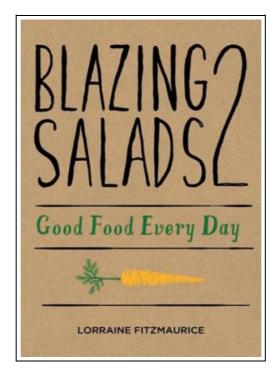
Blazing Salads 2 Good Food Every Day (Hardback)



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Reviews

This written book is excellent. It really is rally fascinating through studying period. You are going to like the way the writer write this publication.

(Hadley Ullrich)

BLAZING SALADS 2 GOOD FOOD EVERY DAY (HARDBACK)



Gill, Ireland, 2013. Hardback. Condition: New. Revised.. Language: English. Brand New Book. Dublin's Blazing Salads has been serving up honest-to-goodness vegetarian wholefood to many fans over the last decade, distilling two generations and four decades of the Fitzmaurice family s food philosophy. At its heart, Blazing Salads food is deli food. It's food made to move and to be convenient but food that absolutely refuses to compromise on taste and flavour. In this book you will be encouraged to eat well every day and enjoy the added benefits of higher energy levels and sense of well-being. You will be empowered to say no to pre-packed salads drowned in mayonnaise and refrigerated triangle sandwiches and say yes to: Protein-packed soups to keep you going throughout the day Family-friendly dinners such as Spinach and Ricotta Cannelloni, Summer Leek Tart and Winter Vegetable Pie Party food and picnic ideas Gorgeous sweet treats like Soft-bake Cookies and Baked Pears with Blueberry Syrup If you are into good food and if you believe cooking for you and your family is important; if you need to find vegetarian, vegan, gluten- and dairy-free recipes; or if you simply want more ideas on how to up your veg intake; this book will inspire you to bring a slice of Dublin's much-loved vegetarian deli home - every day.



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