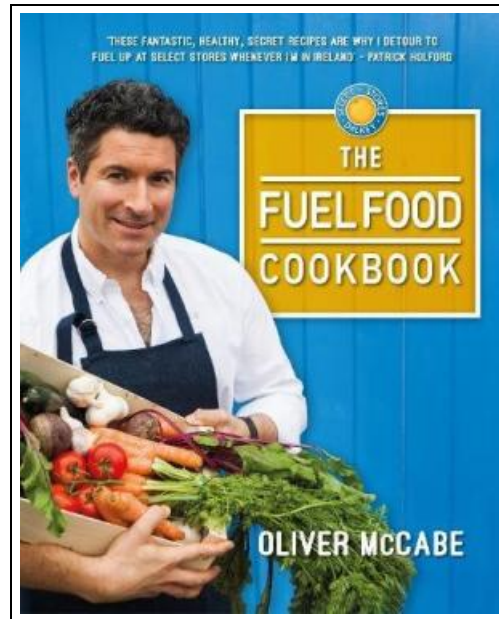


The Fuel Food Cookbook (Hardback)



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Reviews

A really wonderful ebook with perfect and lucid answers. It is rally interesting throgh looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Gustave Moore)

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The Mercier Press Ltd, Ireland, 2016. Hardback. Condition: New. Language: English . Brand New Book. The Fuel Food Cookbook is more than just a collection of recipes. Author, nutritionist and chef Oliver McCabe sets out the cornerstones of nutrition and provides over 100 recipes for healthy food that doesn't cost the earth - food that won't have you stressing out over complex recipes and ingredients. This book brings healthy wholefoods back to basics and is packed with simple, flavoursome recipes for all kinds of meals and snacks, from juices and smoothies to substantial breakfast and brunch dishes, soups, salads, breads, burgers, casseroles and all kinds of snacks and sweet treats that you can actually feel virtuous about enjoying! Having worked in wholefood and vegetarian cafes worldwide, Oliver returned home in 2001 to help run the family business, Select Stores Dalkey. He has transformed it into a dynamic health-food store, which now includes Fuel Food, a fresh wholefood kitchen and deli and the food he produces there is the inspiration for this book.



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