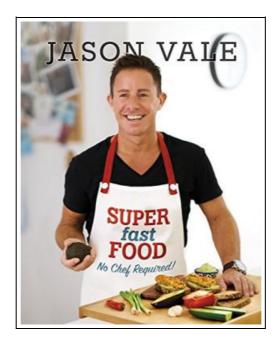
Super Fast Food: No Chef Required! (Hardback)



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Juice Master Publications, United Kingdom, 2016. Hardback. Condition: New. Language: English. Brand New Book. Jason Vale - the world s number one name in juicing - brings you his first ever wholefood recipe book, Super Fast Food! Packed with over 100 truly inspirational recipes, from incredibly healthy superfood breakfasts - that go beyond just juice! - to brownies to die for! You Il find healthy versions of all the classics from pizza to pasta to risotto and even a healthy veggie burger and fries! As you would expect, the book is also bursting with super salads, super soups and amazing fish recipes. Whether you re a vegan, veggie or pesci there s something for everyone! This is also the perfect book for anyone who has just finished one of Jason s Juice Challenges and is looking for some inspiration. Jason believes that the whole business of healthy eating has been overcomplicated. This is why you won t find any strange ingredients that can only be found in an Amazonian rainforest! You also won t need to go to any specialised food shops for any of his recipes and anyone can make these simple, delicious, nutrient packed superfood meals. Jason s fifteen years of experience writing health books comes into its own in this refreshingly uncomplicated look at healthy meals.

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