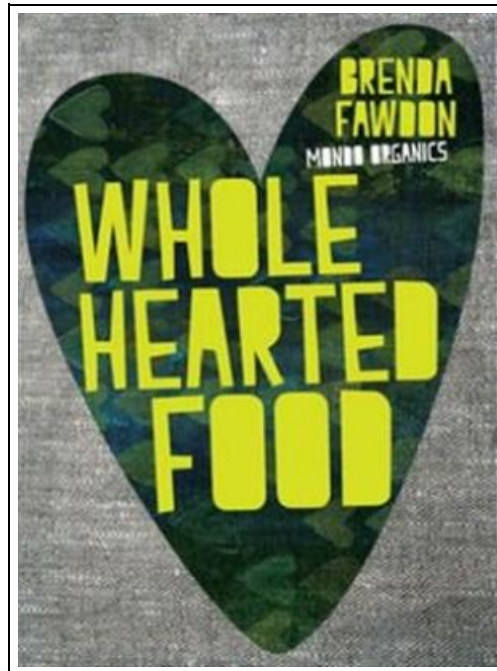


Wholehearted Food



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Reviews

*It is an remarkable ebook which i have possibly read. It really is packed with wisdom and knowledge Its been printed in an extremely easy way which is only after i finished reading through this pdf by which really altered me, alter the way i believe.
(Dr. Nikolas Mayer)*

WHOLEHEARTED FOOD



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U.Q.P., 2013. Paperback. Condition: New. The legendary chef behind the popular Mondo Organics restaurant and cooking school, Brenda Fawdon, shares her lifelong love of real food to produce this fabulous collection of wholefood recipes. Founder of Australia's first licensed organic restaurant, Brenda is passionate about using organic, unrefined and sustainable produce to create nourishing meals that promote vitality, good health and wellbeing without losing out on flavour. Wholehearted Food includes recipes for health-promoting fresh juices, nutritious breakfasts and delicious meals that can be sourced from your veggie garden or local market, with alternatives for people who want their meals dairy-and wheat-free. Chapters are devoted to sustainable seafood and ethical meat and poultry. The mouth-watering desserts and lunch-box snacks have been created using only unprocessed sugars. Whether it's debunking the mystery surrounding legumes and grains or revealing the benefits of easy-to-use superfoods, such as dandelion, kale, turmeric, ghee, quinoa and spelt, this book celebrates a return to naturally organic real foods. This is the ultimate cookbook for anyone looking to explore a healthier ? and tastier ? way of life. It will inspire you to clean out the processed foods from your cupboards and discover delicious, wholehearted food. 'Brenda Fawdon is an original - a true force of nature with a warm and generous spirit. Here, Brenda shares a lifetime of knowledge and experience, and recipes to nourish both body and soul.' Jude Blereau, author of Wholefood and Wholefood Baking. Paperback.



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