

The Guilt Free Gourmet: Indulgent Recipes Without Sugar, Wheat Or Dairy

The post-apocalyptic modern classic with an introduction by novelist John Banville. In a burned-out America, a father and his young son walk under a darkened sky, heading slowly for the coast. They have no idea what, if anything, awaits them there. The landscape is destroyed, nothing moves save the ash on the wind and cruel, lawless men stalk the roadside, lying in wait. Attempting to survive in this brave new world, the young boy and his protector have nothing but a pistol to defend themselves. They must keep walking. Winner of the Pulitzer Prize for Fiction, *The Road* is an incandescent novel, the story of a remarkable and profoundly moving journey. In this unflinching study of the best and worst of humankind, Cormac McCarthy boldly divines a future without hope, but one in which, miraculously, this young family finds tenderness. An exemplar of post-apocalyptic writing, *The Road* is a true modern classic, a masterful, moving and increasingly prescient novel.

PS It's Healthy is a cookbook chock full of crazy delicious, yet unbelievably wholesome cakes, cheesecakes, pies, cookies, breakfast treats and sweets galore! NO grains, gluten, sugar, dairy, eggs, soy or artificial sweeteners. Simply delectable low-carb desserts that fit your lifestyle without wrecking your health. With a variety of gluten-free, Paleo, vegan and keto recipes, there's a treat for everyone! Here's what readers are saying about these recipes: "SO GOOD" "So easy" "Above all my expectations!" "These are Amazing!!" "Mind blowing" "My new favorite" "Omg so delicious!" "Her recipes are perfection" "These are our favorite. Thanks for your (recipes) They help make a restrictive diet not seem like a punishment" "I love every single recipe of yours that I have tried" "OMG. Another winner... You take on difficult to use ingredients and turn them into delectable treats, so individuals with dietary issues may indulge in scrumptious treats. Kudos!" "WOW, WOW, WOW!!! Home run with that one... they taste amazing!... Love your recipes, keep 'em coming please!" "The things I miss most since going most paleo are the baked goods, and the act of baking.... Paleo baking is hard because without gluten or sugar, things just don't turn out the way I am used to... I've found some food magicians on Instagram who are simply genius. Now I have scones back, thanks to Emily" "When I make something like this, I wonder why the heck everyone doesn't go sugar-free. Thanks to Emily for helping me outdo myself!!"

"We've taken the healthiest ingredients and whipped them into nearly 300 pages of delicious culinary creations that you can serve with confidence to the most discerning foodie-or the most nitpicky nutritionist. We've included detailed cooking instructions and ideas of improvisation. And we've even photographed every recipe in beautiful color to show you just how appetizing healthy food can be." --Back cover.

125 of your new favorite recipes, featuring maximum flavor, minimum fuss, and the farm to table style that turned Half Baked Harvest from a beloved blog into the megahit cookbook series "Recipes veer from Braised Pork Tamale Burrito Bowls to Crispy Buffalo Quinoa Bites with no logic other than flat-out good taste." —Epicurious Tieghan Gerard grew up in the Colorado mountains as one of seven children. When her dad took too long to make dinner every night, she started doing the cooking—at age fifteen. Ever-determined to reign in the chaos of her big family, Tieghan found her place in the kitchen.

She had a knack for creating unique dishes, which led her to launch her blog, Half Baked Harvest. Since then, millions of people have fallen in love with her fresh take on comfort food, stunning photography, and charming life in the mountains. While it might be a trek to get to Tieghan's barn-turned-test kitchen, her creativity shines here: dress up that cheese board with a real honey comb; decorate a standard salad with spicy, crispy sweet potato fries; serve stir fry over forbidden black rice; give French Onion Soup an Irish kick with Guinness and soda bread; bake a secret ingredient into your apple pie (hint: it's molasses). From Korean Beef, Sweet Potato, and Quinoa Bibimbap to Healthier Slow-Cooker Butter Chicken to Addictive Salted Caramel-Stuffed Chocolate Cookies, a striking photograph accompanies every recipe, making Half Baked Harvest Cookbook a feast your eyes, too.

Food, Appetite and Eating What You Want

Nourishing breads, wholesome cakes, ancient grains and bubbling ferments

Winner of the Pulitzer Prize for Fiction

Indulgent recipes without wheat, dairy or refined sugar

Food Swings

The Healthy Chef

Just the Good Stuff

Indulgent, Low-Calorie Recipes for Cookies, Breads, Cakes & More

The Guilt-free Gourmet is for anyone who's trying to eat more fruit and vegetables and reduce their intake of sugar and saturated animal fats but isn't willing to compromise on the flavour and enjoyment of their food. This cookbook is not about denial; it's approach to cooking and eating simply swaps the 'bad for you' ingredients for natural and healthy alternatives that achieve the same decadent results without the negative impact on our waistlines, energy levels, health and wellbeing. Recipes range from simple sharing plates to Foods from Afar such as Thai curry and fiery Korean noodles to Japanese tempura and Moroccan tagines. There are Light & Fresh dishes such as Globe Artichoke, Fennel & Rocket as well as Comfort Food recipes including Beetroot Burgers with Mustard Mayo and a velvety Aubergine & Tomato Gratin. With ideas for Home Baking and Sweet Treats, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake and eat it.

TOP TEN SUNDAY TIMES BESTSELLER Think about that first tickle of hunger in your stomach. A moment ago, you could have been thinking about anything, but now it's thickly buttered marmite toast, a frosty scoop of ice cream straight from the tub, some creamy, cheesy scrambled eggs or a fuzzy, perfectly-ripe peach. Eating is one of life's greatest pleasures. Food nourishes our bodies, helps us celebrate our successes (from a wedding cake to a post-night out kebab), cheers us up when we're down, introduces us to new cultures and - when we cook and eat together - connects us with the people we love. In Eat Up, Ruby Tandoh celebrates the fun and pleasure of food, taking a look at everything from gluttons and gourmets in the movies, to the symbolism of food and sex. She will arm you against the fad diets, food crazes and bad science that can make eating guilt-laden and expensive, drawing eating inspiration from influences as diverse as Roald Dahl, Nora Ephron and Gemma from TOWIE. Filled with straight-talking, sympathetic advice on everything from mental

health to recipe ideas and shopping tips, this is a book that clears away the fog, to help you fall back in love with food. Language and food are universal to humankind. Language accomplishes more than a pure exchange of information, and food caters for more than mere subsistence. Both represent crucial sites for socialization, identity construction, and the everyday fabrication and perception of the world as a meaningful, orderly place. This volume on Culinary Linguistics contains an introduction to the study of food and an extensive overview of the literature focusing on its role in interplay with language. It is the only publication fathoming the field of food and food-related studies from a linguistic perspective. The research articles assembled here encompass a number of linguistic fields, ranging from historical and ethnographic approaches to literary studies, the teaching of English as a foreign language, psycholinguistics, and the study of computer-mediated communication, making this volume compulsory reading for anyone interested in genres of food discourse and the linguistic connection between food and culture. Now Open Access as part of the Knowledge Unlatched 2017 Backlist Collection.

In *Eight Zulu Kings*, well-respected and widely published historian John Laband examines the reigns of the eight Zulu kings from 1816 to the present. Starting with King Shaka, the renowned founder of the Zulu kingdom, he charts the lives of the kings Dingane, Mpande, Cetshwayo, Dinuzulu, Solomon and Cyprian, to today's King Goodwill Zwelithini whose role is little more than ceremonial. In the course of this investigation Laband places the Zulu monarchy in the context of African kingship and tracks and analyses the trajectory of the Zulu kings from independent and powerful pre-colonial African rulers to largely powerless traditionalist figures in post-apartheid South Africa.

PS It's Healthy

From Surviving to Thriving

100 Plant-Based Recipes for Everyone at Your Table An Anti-Inflammatory Cookbook

The chef's special

Pinch of Nom Everyday Light

Autopsy

The Natural Food Kitchen

Indulgent recipes without wheat, dairy or cane sugar

FROM THE AUTHOR OF OUR KOREAN KITCHEN, WINNER OF THE OBSERVER FOOD MONTHLY'S 'BEST NEW COOKBOOK AWARD' 2016, AND FORTNUM & MASON'S 'COOKERY BOOK' AWARD 2016 'I learnt so much from this book. Jordan Bourke is a truly intelligent and inspiring cook' Diana Henry 'Another stunner!' Sue Quinn In this beautiful full-colour cookbook, award-winning author Jordan Bourke shows you how simple it is to make nourishing breads; savoury tarts and bakes; and indulgent yet wholesome sweet treats. Reclaiming 'healthy' for what it really means - nutritious, balanced food made from natural ingredients - these are recipes to bring joy and flavour back into your baking and beyond. Alongside sumptuous

'regular' bakes - such as the perfect Sourdough bread, Caramelised Onion, Sweet Potato and Rye Tart, and Italian Strawberry and Chocolate Chunk Cake - Jordan also gives ancient grains and pickles a western update, revealing how easy it is to make abundant salads, bubbling ferments, seasonal preserves and more. *Healthy Baking* provides over 100 nourishing and mouth-watering ways to revive and reinvent cooking at home. Using alternatives to refined sugar and featuring lots of options to make recipes gluten- and dairy-free, you'll quickly discover how ferments and grains can invigorate your cooking - from cultivating the perfect sourdough starter to creating delicious salads and decadent cakes.

It's the boom years of the 1980s, and life is closing in on Nathan Seltzer, who rarely travels outside his suddenly gentrifying Lower East Side neighbourhood. While he tries to decide whether he should cheat on his wife with Karoline, a German pastry chef whose parents may or may not have been Nazis, his father, Harry, is plotting with the 1960s boogaloo star Chow Mein Vega for the comeback of this dance craze. Meanwhile, a homicidal drug addict is terrorizing the neighbourhood. With its ensemble cast of unforgettable characters, *Boogaloo on 2nd Avenue* is a comedy of cultures about the old and the new, about Latinos, Jews, Sicilians and Germans. It's about struggling to hold onto life in a rapidly changing world, about food and sex and about how our lives are shaped by love and guilt.

A collection of recipes demonstrates how to transform seventy-five popular fast foods into healthier and more flavorful versions of their originals, in a resource that explains how fast-food sauces and flavors can be reproduced with common ingredients while providing instructions on how to modify cooking methods in order to reduce fat content. Original. 25,000 first printing.

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to

cooking for anyone who loves delicious food that happens to be healthy too.

Purely Delicious

Dada Eats Love to Cook It

It's a Pleasure

The Guilt-free Kitchen

Livia's Kitchen

Vegan Holiday Kitchen

Paleo Desserts

'Ruth is one of our greatest storytellers. No one writes as warmly and engagingly about the all-important intersection intimate journey told through recipes, as only Ruth can do.' - Alice Waters My Kitchen Year follows the change of seasons as Ruth Reichl heals through the simple pleasures of cooking after the abrupt closing of Gourmet magazine. Each dish Reichl prepares for herself - and for her family and friends - represents a life's passion for food: a blistering ma po tofu that shakes Reichl out of the blues; slow-cooked beef, wine and onion stew that fills the kitchen with rich aromas; a rhubarb sundae to signal the arrival of spring. Part cookbook, part personal narrative, part paean to the household gods, My Kitchen Year reveals Reichl's most treasured recipes, to be shared over and over again with those we love.

Many of us, for various reasons, are trying to reduce the amount of meat and dairy in our diets but are reluctant to let go of our favourite foods. When chef Sam Murphy decided to change her lifestyle, originally just to lose weight and have a more balanced diet, she assumed that her days of eating pizzas, burgers and brownies were over. But after experimenting in the kitchen, Sam realized that she could still eat all of those irresistibly indulgent dishes while looking after herself and the world around her. Bringing all of Sam's best recipes together, this incredible collection includes delicious, healthy options for breakfast, lunch and dinner, as well as sides, salads, sauces, smoothies and desserts. It features Sam's recipes for: Spaghetti Carbonara Chickpea Chilli Cheese Toasties Loaded Vegan Hot Dogs Salted Caramel Brownies Cookie Dough Cereal The Vegan Big Mac And many, many more. Whether you're looking to go without meat or dairy every day, every week or just once a month, or if you just want to indulge in guilty food without the guilt, Beautifully Real Food is the perfect guide to making meals you can really enjoy.

As a medical detective of the modern world, forensic pathologist Ryan Blumenthal's chief goal is to bring perpetrators to justice. He has performed thousands of autopsies, which have helped bring numerous criminals to book. In Autopsy he covers the hard lessons learnt as a rookie pathologist, as well as some of the most unusual cases he's encountered. During his career, for example, he has dealt with high-profile deaths, mass disasters, death by lightning and people killed by African wildlife. Blumenthal takes the reader behind the scenes at the mortuary, describing a typical autopsy and the instruments of the trade. He also shares a few trade secrets, like how to establish when a suicide is more likely to be a homicide. Even though they cannot speak, the dead have a lot to say - and Blumenthal is there to listen.

Delicious recipes that provide easy ways to swap unhealthy ingredients for nourishing alternatives, without having to compromise on flavor and enjoyment. This cookbook is not about denial; its approach to cooking and eating simply swaps ingredients such as refined sugar, wheat, and dairy for natural and healthier alternatives that achieve the same indulgence without the negative health impacts and connotations associated with certain ingredients. These easy swaps make healthy eating both simple and delicious. Recipes range from simple sharing plates “Foods from Afar” such as Massaman Curry, and Smoked Mackerel Sushi Rolls. There are “Light & Fresh” dishes such as Polenta Pizza, as well as “Comfort Food” recipes including Wild Mushroom & Leek Risotto and Lasagna. With ideas for everything from brunch, such as New York Avocado Toast, to “Sweet Treats” like Cheesecake with Sweet Cherries, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake and eat it.

Minimalist Baker's Everyday Cooking

Make it Lighter

Pinch of Nom

From 1882 to Now

More Great Good Dairy-free Desserts Naturally

Drawings for My Grandchildren

Healthy Baking

100+ Guilt-Free Recipes to Satisfy All Your Cravings: A Cookbook

Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield’s vibrant debut cookbook proves that living a healthy lifestyle doesn’t mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients, such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel’s recipes focus on creative, flavor-forward takes on favorite, comfort food dishes—think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam, and Epic Quinoa Burrito Bowls. Though Rachel personally doesn’t prescribe to a single diet or label, many recipes are Paleo-friendly, dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-friendly spreads, shareable snacks, and, of course, sweets—lots of ’em because as Rachel says, “You can have your gluten-free cake and eat it too!” Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives, Just the Good Stuff includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice. Praise for Just the Good Stuff “In Just the Good Stuff, Rachel creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you’ll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating.”—Frank Lipman, MD, bestselling author of The New Health Rules and How to Be Well “Rachel’s recipes are modern, approachable, and simple enough that anyone can make them! Just the Good Stuff is a new staple on my

bookshelf!”—Gina Homolka, New York Times bestselling cookbook author and founder of Skinnytaste
Turn your favourite dishes into guilt-free treats! From BBC Good Food contributor Angela Nilsen, this book will teach you how to cook healthy yet satisfying dishes swapping fatty ingredients for lighter ones. With a wide range of recipes, this book can suit everyone; choose from reduced-fat Thai green curry, lamb and vegetable pie, New York cheesecake, and even mayonnaise-based brownies! Learn how to take extra calories away along with guilt, and treat your tastebuds with these light, indulgent delicacies every day.

Life is too short, you shouldn't deny yourself treats, and here Olivia offers a wonderful collection of naturally sweet and indulgent alternatives to enjoy in a nourishing way. Including over 100 ingenious raw and baked treats made without gluten, dairy and refined sugar, Olivia uses entirely natural ingredients to create sweets that are nutritious as well as delicious and indulgent. Featuring pancakes, cookies, slabs, tarts, cakes, puddings and crumbles, these quick and simple treats are better for you, taste amazing and will satisfy any sweet tooth.

Guilt-free Gourmet Indulgent recipes without wheat, dairy or cane sugar Ryland Peters & Small
Eat Up

Home Cookery Year

70 Recipes for Beautiful Meals and Clean Living

The Road

Naturally Thin

The Eight Zulu Kings

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Pure Vegan

Korean food is quickly becoming the biggest trend in the culinary world—Our Korean Kitchen will be your inspiring guide to bringing this delicious and healthy cuisine to your table. Critically acclaimed chef and food writer Jordan and his Korean wife Rejina provide a cultural history of the food of Korea giving context to the recipes that follow. This comprehensive collection of 100+ authentic and accessible dishes explores the ingredients and techniques needed to master Korean cooking. From how to stock a Korean pantry, to full menu ideas, to recipes for every meal and craving, this is the only guide to Korean cooking you'll ever need. You'll find delicious recipes for Bibimbap, Kimchi Fried Rice, Crispy Chili Rice Cakes, Chicken Dumpling Soup, Seafood & Silken Tofu Stew, Pickled Garlic, Seafood & Spring Onion Pancakes, Shrimp and Sweet Potato Tempura, Knife-cut Noodles in Seafood Broth, Soy-Marinaded Crab, Grilled Pork Belly with Sesame Dip, Grilled Beef Short Ribs, Deep Fried Honey Cookies, and so much

more! Chapters: Rice & Savory Porridge Soups & Stews Vegetables, Pickles & Sides
Pancakes, Fritters & Tofu Noodles Fish Meat Dessert

The Guilt Free Gourmet: 2019 Cooking Guide, is an amazing Low Point cooking resource.

After 6 months of being available digitally, we're finally offering it through Amazon!

This book is filled to the brim with cooking tips, ingredient suggestions, and basic recipes that will help you succeed on the Weight Watchers (WW) Freestyle plan. Rather than throwing a giant book of recipes at you, this guide TEACHES YOU how to modify your meals yourself through in-depth guided tutorials and recipes, containing over 300 color images. You'll find 4 pages devoted solely to mastering the Recipe Builder within the WW mobile app, by showing you how to reduce the points and calories in traditional recipes.

You'll also find recipes for "Foundational" items that are used as the building blocks for meals. Such as 0 point Italian Sausage, Chorizo and Breakfast Sausage recipes, instructions for how to make fresh REAL low point pasta yourself without any specialized equipment. Low point Gnocchi, pie crust, masa for tamales and tortillas, low point yeast pizza dough, 0 point cream cheese and much much more. It doesn't stop there though. I also include recipes for 30 ultra low point sauces that you can use to kick up hundreds of dishes, such as: 0 point Buffalo sauce, Asian dipping sauce, 1 point alfredo and pesto, 0 point MEXICAN BROWN MOLE' and 0 point red enchilada sauce! There's even low point white wine butter sauce, scampi, avocado lime sauces... with no sauce being over 1 point for at LEAST a 1/4 cup serving!! .This guide is packed with so much information that you're practically sabotaging your journey by NOT utilizing it!

THE #1 FASTEST SELLING NON-FICTION BOOK IN THE UK Slimming food has never tasted so good; the must-have first cookbook from the UK's most visited food blog. Sharing delicious home-style recipes with a hugely engaged online community, Pinch of Nom has helped millions of people to cook well and lose weight. The Pinch of Nom cookbook can help novice and experienced home cooks enjoy exciting, flavourful and satisfying meals. Accessible to everyone by not including diet points, all of these recipes are compatible with the principles of the UK's most popular diet programmes. There are a hundred incredible recipes in the book, thirty-three of which are vegetarian. Each recipe has been tried and

tested by twenty Pinch of Nom community members to ensure it is healthy, full of flavour and incredibly easy to make. Whether it's Cumberland Pie, Mediterranean Chicken Orzo, Mexican Chilli Beef or Chicken Balti, this food is so good you'll never guess the calorie count. This book does not include 'values' from mainstream diet programmes as these are everchanging. Instead the recipes are labelled with helpful icons to guide you towards the ones that suit you best – whether you're looking for something veggie, fancy a fakeaway, want to feed a family of four or have limited time to spare. Kate Allinson and Kay Featherstone owned a restaurant together in The Wirral, where Kate was head chef. Together they created the Pinch of Nom blog with the aim of teaching people how to cook. They began sharing healthy, slimming recipes and today Pinch of Nom is the UK's most visited food blog with an active and engaged online community of over 1.5 million followers. Showing that dieting should never be a barrier to good food, Pinch of Nom is the go-to home cookbook for mouthwatering meals that tick all the boxes.

A healthy vegetarian cookbook featuring inventive takes on beloved Indian dishes, indulgent desserts, and more, all made with whole foods and anti-inflammatory ingredients—from the Today show's resident foodie “When I'm looking for something quick that doesn't use refined sugars and refined flour, Samah is the person I turn to. I can't get enough!”—Giada De Laurentiis, New York Times bestselling author of Eat Better, Feel Better Samah Dada doesn't buy into the all-or-nothing mentality of healthy eating. By using real, unprocessed ingredients in surprising ways, she shows you how to have your cake and eat it too—because it's actually made out of chickpeas. Samah knows that eating well doesn't mean eating boring food. She uses only the most nutritious ingredients, not because she's cutting out food groups to follow the latest fad, but to create drool-worthy meatless dishes that are mostly vegan (with options for dairy and eggs), mostly gluten-free (with easy substitutions to go entirely gluten-free), and all helpful in reducing inflammation. She reinvents Indian cookbook staples—and other classics—with recipes such as:

- Sweet Potato Aloo Tikki
- Creamy Black Lentils
- Spicy Eggplant Masala
- Chocolate Chip Tahini Cake with Chocolate Frosting
- Cauliflower Cacio e Pepe
- Masala Mac and Cheese

• And more! With Dada Eats Love to Cook It, you'll discover how to use

healthy ingredients for maximum flavor and joy. Grain-Optional. Gluten-Flexible. Mostly Plant-Based. Totally Inclusive.

The Guilt Free Gourmet 2019 Cooking Guide

The Guilt-free Gourmet

More Than 200 Delicious, Festive Recipes for Special Occasions

Gourmet Nutrition

Boogaloo On 2nd Avenue

Sweet Vegan

Looking Back Life Was Beautiful

Four Seasons, Over 200 Recipes for All Possible Occasions

Now you can have your cake and be paleo, too! The Paleolithic diet and lifestyle -- based on eating hunter/gatherer foods for optimal health -- has surged in popularity, but with grains, dairy, and refined sugars off the menu, indulging isn't easy. Paleo Desserts is the first comprehensive cookbook of its kind: everyone's favorite desserts now made Paleo friendly, lower carb, and gluten free. Providing 125 mouthwatering, easy-to-follow recipes from brownies to milkshakes, Jane Barthelemy serves up treats to satiate even the biggest caveman sweet tooth. Recipes include Raspberry Crumble Bars, Tiramisu, Black Forest Cherry Pie, Lemon-Berry Parfait, Pumpkin Cheesecake, Whipped Coconut Crè, and more. Paleo Desserts includes a color-photo insert and ingredient lists for simplified shopping.

Simple, healthy, and comforting recipes highlight the freedom of a vegan diet, featuring options for breakfasts, lunches, dinners, desserts, and late night snacks.

"You could cook non-stop from this book for, indeed, a year, without ever getting bored! With over 200 recipes, and with an expansive flavour palette, it is a boon for those in a cooking rut." – Nigella Lawson "this book is very timely... and there are so many wantable dishes here... Among the dishes calling me are sausage and fennel focaccia rolls; squash baked with beer, cheese, cream and pretzels; and cherry Bakewell pudding." – Diana Henry, Telegraph "What a beauty... imaginative, appealing recipes grounded in good sense... you can taste the experience, that these are lived recipes." – Rachel Roddy "the one cook book you really need this autumn is this practical work from the ever-inventive Thomson" – Independent "One of my tests of how much I am excited by a new cookbook is how many recipes I feel driven to mark with a Post-It note. With Home Cookery Year I suddenly realised I was Post-It noting nearly every page." – Bee Wilson Home Cookery Year is the new essential kitchen bible, year-round and every day. Claire Thomson writes foolproof, imaginative recipes to please the whole family – as a professional chef and mum of three, she understands what it 's like to whip up tasty, crowd-pleasing dishes in minimal time at the end of a busy working day. Wearing its seasonality lightly, with the emphasis on usefulness and practicality, Home Cookery Year offers mealtime solutions for: midweek emergencies cooking on a budget on a budget and storecupboard recipes salads and light lunches treat yourself (indulgent dishes for special occasions) celebration feasts Every recipe you will ever need is in here, for every occasion, with twists on classics, and super ideas for jaded palates for young and old alike.

From four-time New York Times bestselling author Bethenny Frankel, the book that started it all: Naturally Thin. Bethenny Frankel, talk

show host, “ Queen of Cocktails, ” and “ Mommy Mogul ” has always had a passion for preparing and enjoying healthful, natural foods and sharing that love. The New York Times bestseller Naturally Thin shows how anyone can banish their Heavy Habits, embrace Thin Thoughts, and enjoy satisfying meals, snacks, and drinks without the guilt. Armed with Bethenny ’ s rules, you will say: -I know when I am really hungry -When I ’ m really hungry, I look for high-volume, fiber-rich foods -I can have any food I want -I love the taste of real food With more than thirty simple, delicious recipes (including her famous SkinnyGirl Margarita), a one-week program to jump-start readers on the Naturally Thin lifestyle, and warm, witty encouragement on every page, Frankel serves up a book for a healthier and thinner life.

The Ultimate Low Point Cooking, Ingredient and Recipe Guide

African Artists

Beautifully Real Food

Light & Easy Vegan Baking

The Stress Code

The Cookbook for the Fit Food Lover

125 Delicious Everyday Favorites, Gluten- and Grain-Free

Life in the trenches with a forensic pathologist in Africa

Based on the Webby award-winning Instagram account Drawings for My Grandchildren, this beautifully-illustrated book celebrates the special love shared between grandparents and their grandchildren. Like many grandparents wishing to stay close to their grandchildren in a world in which so many families are spread across the globe, Korean grandparents Grandpa Chan and Grandma Marina, decided to learn how to use Instagram as a way to stay connected. What started as an intimate family project, their Instagram page @drawings_for_my_grandchildren has attracted a large following and their story has been featured in major press around the world. This book inspired by their Instagram page features Chan's watercolors accompanied by Marina's texts. Whether it's to celebrate Astro becoming a big brother to Lua or to share the story of how the grandparents met for the first time and fell in love during their college years, Looking Back Life was Beautiful echoes with the kind of family love that spans generations and traverses geography. A testament to the great wisdom only grandparents can provide to younger generations, Looking Back Life Was Beautiful will inspire families to always stay close and connected.

A delightful cookbook of decadent sweets and homemade treats that taste great, look beautiful, and have good health in mind. This enticing collection features easy recipes, made from high-quality, nutritious ingredients, for fabulous desserts that are gluten-free, dairy-free, and refined-sugar-free. With this inspiring book, award-winning Finnish author Virpi Mikkonen shows how easy it is to make sweet treats a truly enjoyable-and guilt-free-pleasure. It's a Pleasure: Sweet Treats without Gluten, Dairy, and Refined Sugar is a gorgeous guide to making delicious and wholesome desserts at home without sacrificing flavor. Featuring candies, cakes, pies, and more, the appealing recipes-such as gingerbread chocolate, cookie ice cream with salty peanuts, and cardamom-vanilla donuts-offer great-tasting, guilt-free

pleasure and are suited for entertaining, gift giving, or everyday snacking. Find inspiration for chocolate and candies, cakes and pies, ice creams and sorbets, jams, frostings and more! Recipes include: sea salt toffee bites; vanilla stars with chocolate hearts; frosty banana cake; blueberry cream cake; mango-melon sorbet cake; tiramisu ice cream cake; fig fudge; and licorice truffles.

Irresistible Plant-Based Treats with Less Than 300 Calories Per Serving Enjoy vegan takes on decadent cakes, gooey brownies, flaky biscuits, savory breads and so much more without worrying about your waistline! Jillian Glenn, author of Easy Low-Cal Vegan Eats, is back with 60 scrumptious recipes that taste like the ultimate splurge—but their low calorie count means you can feel good about enjoying them. Jillian shares her secrets to recreating your favorite treats, whether you're craving something sweet, like Brown Sugar Chocolate Chip Cookies and Rich Red Velvet Cake with Cream Cheese Frosting, or something savory, like Vegan Pull-Apart Cheesy Bread and Salted Soft Baked Pretzel Bites. Thanks to generous serving sizes that will leave you feeling satisfied, you won't believe these are low-calorie or vegan. And with the option to make the recipes gluten-free, you can easily adapt each dish to meet your dietary needs. Jillian's use of fuss-free ingredients and clever techniques, like combining traditional sugar with no-calorie sweeteners, will have you eager to bake your way through every chapter—and her straightforward, easy-to-follow instructions guarantee perfect results every time.

An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, "Virtue," provides recipes for your controlled side, while the other half, "Vice," is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds Ginger Salmon with Sesame Cucumbers Whole Roasted Cauliflower, Tomatoes, and Garlic Roasted Plums with Honey and Pistachios VICE Cinnamon Buns Buttermilk Panfried Chicken Lasagna Bolognese Chocolate Fudge Cake In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in Food Swings. Praise for Food Swings "It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, Food Swings, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader),

even gluten-free. Dinner victory, all around.”—Redbook “Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld’s latest, which strikes an effective balance between two popular eating styles.”—Library Journal “Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She’s eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef.”—Booklist “In a friendly voice Seinfeld encourages readers to take her approach to what she calls ‘food swings’ and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to prepare.”—Publishers Weekly

Sweet Treats Without Gluten, Dairy, and Refined Sugar

75+ Amazing Recipe Makeovers of Your Fast Food Restaurant Favorites

From Shaka to Goodwill Zwelithini

Recipes from My Barn in the Mountains

Sin-sational Sumptuous Treats

Unleash Your SkinnyGirl and Free Yourself from a Lifetime of Dieting

Healthier Versions of Your Favourite Recipes

Our Korean Kitchen

Showcasing nearly fifty recipes - six brand new - that ooze, crunch, crumble and melt just like the originals, Sweet Vegan is your go-to guide to replacing dairy, gluten, refined sugar and nuts to suit any taste or dietary requirement. Encouraging you to become a creative and versatile cook, this book is all you need for easy, guilt-free indulgence. In this completely revised and updated edition of The Healthy Convert, allergy-friendly cook and cruelty-free advocate Nicole Maree guides you to transform your kitchen from the inside out.

Professional pastry chef Fran Costigan shares her secrets on how to give desserts that special flair with this collection of dairy- and egg-free recipes. Using natural, unrefined, and wholesome ingredients, these decadent and mouth-watering delicacies are perfect for those who are lactose intolerant, need to watch their cholesterol, or simply love their desserts to be healthful.

100 delicious recipes - all under 400 calories - from the authors of Pinch of Nom, the fastest-selling cookbook of all time. Great-tasting recipes. Hassle-free slimming. Featuring proper breakfasts, light takes on family favourites, cheeky fakeaways and speedy midweek meals, Pinch of Nom Everyday Light is full of hearty, everyday recipes - nearly half of which are vegetarian. From Fish and Chips to Pizza Loaded Fries, Sloppy Dogs to Firecracker Prawns, and Hash Brown Breakfast Bake to Crying Tiger Beef,

every recipe is under 400 calories including accompaniments, and has been tried and tested by twenty Pinch of Nom community members. 'These tasty, healthy recipes are so easy and made with simple-to-find ingredients. We're so proud of this food that the whole family can enjoy together. We hope you like making the dishes, but mostly we hope you love eating them!' - Kate & Kay

In recent years Africa's booming art scene has gained substantial global attention, with a growing number of international exhibitions and a stronger-than-ever presence on the art market worldwide. Here, for the first time, is the most substantial survey to date of modern and contemporary African-born or Africa-based artists. Working with a panel of experts, this volume builds on the success of Phaidon's bestselling Great Women Artists in re-writing a more inclusive and diverse version of art history.

My Kitchen Year

100 Tasty, Slimming Recipes All Under 400 Calories

Fast Food Fix

50 Creative Recipes + Your Guide to Transforming Any Recipe for Dairy-Free, Gluten-free, Plant-based Treats

Culinary Linguistics

136 recipes that saved my life

Naturally Sweet and Indulgent Treats

100 Slimming, Home-style Recipes

Features healthy whole food recipes of classic and international dishes, including Moroccan harira soup, cod fish fingers with mushy peas and mayonnaise, and baklava.

Stress impacts all facets of our lives and has devastating effects on the global economy, including reduced productivity and the huge burden being placed on healthcare systems. Decades of research reliably show that chronic stress severely compromises our physical and mental health. Now it has been discovered that stress can actually destabilise our DNA and compromise our genetic integrity. This promotes many of the diseases that societies are currently grappling with and could potentially impact on future generations. Yet stress has two faces. Ongoing stress is one of the biggest challenges faced globally, but short intervals of stress can actually offer tremendous potential to grow, break personal barriers and excel. Turning the traditional stress paradigm on its head, this book does not advocate stress avoidance, but rather stress resilience, providing tools and skills to buffer the adverse effects of stress as well as enhance our functionality and health. The Stress Code is a response to the global call for stress management solutions. Supported by extensive scientific research, this book offers comprehensive and structured insights along with interventions that will help you to thrive in

adversity.

This exciting, inviting cookbook by veteran author Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 200 delectable recipes for every festive occasion. The author, one of the most respected names in vegetarian and vegan cooking, addresses everything from Thanksgiving, Hanukkah, and Christmas--to celebratory brunches, lunches, dinners, potlucks, and buffets.

125+ Recipes to Enjoy Your Life of Virtue & Vice: A Cookbook

VEGAN MEALS YOU'LL LOVE TO EAT: Guilt-free, Meat-free Recipes to Indulge In

Indulgent Recipes Without Wheat, Dairy Or Cane Sugar

Guilt-free Gourmet

Half Baked Harvest Cookbook