

Eat Happy 30 Minute Feelgood Food

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Eat Happy: 30 Minute Feel-good Food by *Melissa Hemsley*

Eat Happy: 30-minute Feelgood Food Co-author of *The Art of Eating Well and Good + Simple* and home cook, *Melissa Hemsley* presents quick and easy dishes featuring supermarket ingredients and designed to see you through the whole week - tempting breakfasts to family dinners and lunches, as well as party food, snacks, baking, desserts, drinks, and simple, healthier versions of takeaway favourites.

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Eat Happy: 30-minute Feelgood Food eBook: Hemsley, Melissa ...

Packed with beautiful colour photography and Melissa's passion for comforting, feel-good food, Eat Happy represents a delicious evolution of the ideas explored in *Hemsley + Hemsley* bestsellers *Good + Simple* and *The Art of Eating Well*. *Publisher: Ebury Publishing. ISBN: 9781785036637. Number of pages: 288.*

Eat Happy: 30-minute Feelgood Food by *Melissa Hemsley* ...

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4: Time-saving tips for 30-minute meals *1: Breakfast & brunch* *1: Quinoa power porridge* *2: 'apple pie' buckwheat porridge* *3: quick quinoa bread* *4: easy granola* *5: smoked mackerel pate* *6: spinach & smoked trout muffins* *7: pizza omelette* *8: Turkish scrambled eggs* *9: Indian-spiced cabbage scramble* *10: Harissa greens with eggs & feta*

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Eat Happy. My third cookbook *EAT HAPPY: 30 MINUTE FEELGOOD FOOD* is a celebration of fast, fuss free, real food with 120 of recipes for every night of the week. *They're easy, flavour-packed, feelgood dishes and all made in just 30 minutes or less. Using everyday ingredients, making the most of leftovers, reducing food waste and batch cooking to make weekday meals a breeze!*

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Anna Barnett talks to *Melissa Hemsley, author of Eat Happy: 30-Minute Feelgood Food, about her favourite recipes and most-visited London haunts* *Anna Barnett Thursday 8 March 2018 16:53*

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Eat Happy: 30-Minute Feelgood Food by *Melissa Hemsley* ...

from *Eat Happy: 30-Minute Feelgood Food* *Eat Happy* by *Melissa Hemsley* *Categories: Quick / easy; Soups; Asian; Vegetarian* *Ingredients: seaweed; buckwheat noodles; coconut oil; ginger root; red chillies; spring onions; shiitake mushrooms; stock; eggs; cabbage; miso paste; sesame oil; black sesame seeds; lemons*

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from Eat Happy: 30-Minute Feelgood Food Eat Happy by Melissa Hemsley Categories: Quick / easy; Soups; Asian; Vegetarian Ingredients: seaweed; buckwheat noodles; coconut oil; ginger root; red chillies; spring onions; shiitake mushrooms; stock; eggs; cabbage; miso paste; sesame oil; black sesame seeds; lemons

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