

200 Juices Smoothies Hamlyn All Colour Cookbook Hamlyn All Colour Cookery

Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie. Unfortunately, it can often take a lot of time and effort to make and enjoy them. But not the smoothie recipes in *Healthy, Quick & Easy Smoothies*. You won't need more than 10 minutes and no more than 5 ingredients to make any smoothie in this book-and they're all under 300 calories! *Healthy, Quick & Easy Smoothies* includes these features: 100 mouthwatering recipes for tropical fruit, berry, combination, and green smoothies Complete nutritional data to help with your weight loss goals Expert information from Dana Angelo White, nutritionist for the Food Network, on why smoothies are better than juices and how to best make smoothies Every recipe contains complete nutritional data to help you plan your meals and meet your daily dietary needs. Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change. And because you have so many delicious smoothies to choose from, your blender is sure to occupy a permanent place on your countertop!

"Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay. Hamlyn All Colour Cookbook: 200 Juices & Smoothies gives you a huge choice of quick, simple recipes that use all your favourite fruits and vegetables to ensure that your diet will never get dull!"--Publisher's description. Enjoy two of life's greatest pleasures – coffee and alcohol – with this comprehensive guide to mixing perfect coffee cocktails. World-class mixologist Jason Clark will inspire, excite and educate you by taking you behind the bar for a masterclass in creating coffee-based cocktails. First take a journey into the history and craft of coffee, the world's most popular beverage, from crop to cup. Next follow his expert mixing tips aimed at everyone from keen beginners to bartenders working in the world's best bars. More than 80 recipes follow, covering all styles of cocktails from stirred and shaken through to blended and blazed. Learn how to perfect simple classics such as Espresso Martini and Irish coffee or try your hand at technical modern marvels Golden Velvet and Death By Caffeine. With *The Art and Craft of Coffee Cocktails* in hand your daily grind will never be the same!

Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy

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and delicious way to keep hunger at bay. Hamlyn All Color Cookbook: 200 Juices & Smoothies gives you a huge choice of quick, simple recipes that use all your favorite fruits and vegetables to ensure that your diet will never get dull! Every mouthwatering recipe is accompanied by fantastic color photography, and it's all bound in a handy format, making this great-value book ideal for all!

Hamlyn All Colour Cookbook: 200 Super Salads provides 200 varied salads for every occasion including healthy summer salads, exotic fruit salads and warm salads for winter. Beautiful photographs and clear instructions make this book perfect for every cook. Presented in a handy format with easy-to-follow recipes, 200 Super Salads is great value for money. Check out some of the other titles in the

series: 200 5:2 Diet Recipes (ISBN

978-0-600-63347-1) 200 Cakes & Bakes (ISBN

978-0-600-63329-7) 200 Family Slow Cooker

Recipes (ISBN 978-0-600-63057-9) 200 Halogen

Oven Recipes (ISBN 978-0-600-63344-0) 200 One

Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta

Dishes (ISBN 978-0-600-63334-1) 200 Super Soups

(ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN

978-0-600-63337-2) 200 Barbecue Recipes (ISBN

978-0-600-63332-7) 200 Cupcakes (ISBN

978-0-600-63335-8) 200 Gluten-Free Recipes (ISBN

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(ISBN 978-0-600-63349-5) 200 Student Meals (ISBN 978-0-600-63340-2) 200 Thai Favourites (ISBN 978-0-600-63346-4)

Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource.

This funky carton contains 3 books packed with delicious juices and smoothies, all in an innovative package. Containing a huge collection of over 200 quick and tasty juices and smoothies, each recipe's ingredients provide essential nutrients needed to help maintain your health and vitality. From energy-boosting juices such as Celery, Tomato and red Peppers, to the more exotic, vitamin-packed Mango, Orange, Cranberry and Honey, there's something here for everyone. Bursting with delicious recipes and arranged into three recipe-specific books so that you can select the right Fruity, Veggie or Smoothie recipes whenever you want them, the Juice Collection is a cute but crucial addition to any kitchen.

Hamlyn All Colour 200 Ten-Minute Meals offers a fantastic range of tasty, nutritious and filling meals that will have you binning your takeaway menu for good. With vegetarian recipes as well as Meat, Poultry and Fish based meals, the recipes will suit all tastes and guarantee a great meal in minutes.

Choose from a delicious selection, including Spicy Cajun popcorn chicken, Creamy leek and butterbean gratin and Chocolate mint mascarpone tart. Whether

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it's supper for one or an impromptu dinner with friends, 200 Ten-Minute Meals has a huge variety of traditional favourites, exotic treats and brand-new recipes to build up your repertoire for busy week nights.

Now in a handy-sized new format sure to appeal to a young adult crowd, this popular healthy drink book (more than 250,000 copies sold) will help boost your vigor and vitality. More than 200 scrumptious yet simple-to-prepare recipes make it easy to get the recommended daily portions of fruits and vegetables, with their important enzymes, vitamins, and minerals. Need a jolt of energy? Try a "rocket fuel" smoothie made with mango and pineapple juice or a cheerful "raspberry ripple." Get bonus protein with a banana and peanut butter smoothie, or revitalize after an evening out with the "all nighter." Tempting photographs showcase each colorful, tantalizing taste treat, and tips on choosing and preparing ingredients and equipment are included.

Hamlyn All Colour Cookery: 200 Juices &

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Hamlyn All Colour Cookbook: 200 Chicken Recipes

combines 200 classic and contemporary dishes for every occasion. With a range of hot and cold recipes from the classic Club sandwich or Vietnamese Noodle Salad to barbecued chicken and the traditional old-fashioned roast, the book is ideal for people cooking at all levels. Presented in a handy

format with colour photographs and easy-to-follow recipes Hamlyn All Colour Cookbook: 200 Chicken Recipes is great value for money.

Would you like to cut down on convenience food? Want to eat home-cooked meals but just don't have the time or energy to prepare them after a busy day?

Then a slow cooker could be the solution for you.

Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. Hamlyn All Colour: 200 Slow Cooker Recipes provides over 200 recipes for you to enjoy, with delicious ideas for breakfasts and light bites, meat dishes, vegetarian meals, fish and seafood dishes and desserts. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2) 200 Barbecue Recipes (ISBN 978-0-600-63332-7) 200 Cupcakes (ISBN 978-0-600-63335-8) 200 Gluten-Free Recipes (ISBN 978-0-600-63342-6) 200 Juices & Smoothies (ISBN 978-0-600-63330-3) 200 Student Meals (ISBN 978-0-600-63340-2) 200 Super Salads (ISBN

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978-0-600-63348-8) 200 Thai Favourites (ISBN
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Thai food is globally renowned for its distinctive flavours and delicious mix of spicy and sour tastes. No matter what your level of ability, experiencing this wonderful cuisine need not be limited to restaurant visits - Hamlyn All Colour Cookbook: 200 Thai Favourites will allow you to re-create that authentic Thai flavour in your own home. From firm favourites such as red curry with roasted duck to the more exotic such as red snapper with three-flavour sauce, this book has a dish to suit everybody. Each recipe is accompanied by easy-to-follow instructions and a full page colour photograph to ensure perfect results.

Check out some of the other titles in the series: 200

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Cakes & Bakes (ISBN 978-0-600-63329-7) 200

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978-0-600-63348-8)

Whether you're new to the 5:2 diet and you're thinking about giving it a go, or you're already a convert and are looking for recipes to improve your fasting days, this is the book for you. Choose from a delicious range of satisfying light meals from a variety of world cuisines, all organised by mealtime so that you can quickly select a recipe. Get your fasting day off to a good start with a breakfast of fragrant Moroccan baked eggs or chunky Maple-glazed granola. Opt for a light lunch of Chicken burgers with tomato salsa, Chilli & coriander fish parcels or Smoky bacon & white bean soup to see you through the afternoon. End the day with a serving of Lamb & flageolet bean stew, Chicken & spinach curry or a special meal of Lobster with shallots & vermouth. You can even include sweet treats without breaking your diet - this selection includes Brulee vanilla cheesecake, Chocolate & chestnut roulade and Cherry & nectarine pavlova. Make the 5:2 diet a life choice with this indispensable recipe collection. Check out some of the other titles in the series: 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups

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(ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2)

Rid your body of toxins and lose weight in the process with this latest addition to the Hamlyn All Colour series. 200 Juice Diet Recipes provides a selection of juice recipes to help you slim down or simply cleanse your system.

Reached the Amazon Top 100 list. Rated 5 Stars by Grady Harp: Amazon Hall of Fame, Top 100 Reviewer; "Stop thinking and start whizzing." Movie Maker "Rik," Amazon Vine Voice "Just terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on!"

This title provides over 200 exciting new ways to bake delicious homemade bread with your bread machine. Presented in a handy format with colour photographs and easy-to-follow recipes in a bread machine, Hamlyn All Colour Cookbook: 200 Bread Recipes is great value for money. The book caters for both sweet and savoury tastes, as well as those with gluten and wheat allergies. With such mouthwatering combinations as halloumi and mint, olive and coriander and orange and poppy seed, baking has never been so satisfying!

Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You From registered dietician Jennifer Koslo, Author of The 21-Day Healthy Smoothie Plan Enjoy nearly endless options for imaginative and healthy smoothies with

more than 100 nutritious, easy-to-make recipes. The Healthy Smoothie Recipe Book is packed with tasty mix-and-match ideas for crafting creative smoothies--from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, The Healthy Smoothie Recipe Book is your go-to guide for creating customizable smoothies that are perfect for you. Cutting calories? Choose low-fat ingredients for lighter versions. Spicing things up? Handy spice charts give your smoothies an extra kick. Stumped for ideas? Mix-and-match charts help you customize smoothies to your tastes. Smoothie troubleshooting tips: Too thick? Too bland? Too watery? There's a smoothie solution for that. Handy dietary labels: Colorful icons match smoothies to health goals, from weight loss, immune boosting, and more. Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert who has impacted hundreds of people's lives through her nutrition consulting work and her writing. Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay. Hamlyn All Colour Cookbook: 200 Juices & Smoothies gives you a huge choice of quick, simple recipes that use all your favourite fruits and vegetables to ensure that your diet will never get dull! Every mouthwatering

recipe is accompanied by fantastic colour photography, and it's all bound in a handy format, making this great-value book ideal for all!

A beautifully photographed and designed cookbook and guide to the cultural phenomenon that is boba, or bubble tea--featuring recipes and reflections from The Boba Guys tea shops. Andrew Chau and Bin Chen realized in 2011 that boba--the milk teas and fruit juices laced with chewy tapioca balls from Taiwan that were exploding in popularity in the States--was still made from powders and mixes. No one in the U.S. was making boba with the careful attention it deserved, or using responsible, high-quality ingredients and global, artisanal inspiration. So they founded The Boba Guys: a chic, modern boba tea shop that has now grown to include fourteen locations across the country, bringing bubble tea to the forefront of modern drinks and bridging cultures along the way. Now, with The Boba Book, the Boba Guys will show fans and novices alike how they can make their (new) favorite drink at home through clear step-by-step guides. Here are the recipes that people line up for--from the classics like Hong Kong Milk Tea, to signatures like the Strawberry Matcha Latte and the coffee-laced Dirty Horchata. For the Boba Guys, boba is Taiwanese, it's Japanese, it's Mexican, it's all that and more--which means it's all-American.

In Juices and Smoothies you'll find a huge selection

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of over 200 quick and tasty juice and smoothie recipes, all containing essential nutrients to help maintain your health and vitality. From energy-boosting juices such as Celery, Tomato and Red Peppers to the more exotic, vitamin-packed Mango, Orange, Cranberry and Honey, there's something here for everyone. With tips on juicing and nutritional information for each recipe, this book shows you how to get the most from your juicer.

Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants
Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more
Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients
A guide to shopping for produce, and when to buy organic
Smoothies for all seasons and occasions, including Berry Basket
Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

130 superfood smoothies--made super easy. Blend health into every day with a smoothie recipe book featuring a whopping 130 recipes that feel like you're drinking liquid goodness. The chapters are organized by each of the 15 included superfoods--like berries, avocados, yogurt, and cinnamon--and every smoothie is labeled according to the health benefits it offers, from weight loss to

boosting energy and reducing inflammation.

Discover how many basic and affordable ingredients at your local grocery store are actually superfoods and learn the powerful differences each one can make in your smoothies--and in your health. A smoothie recipe book that's truly super: Make smoothies fun again--Whether you're a smoothie newbie or stuck in a smoothie rut, this smoothie recipe book will help you make yours a high-flavor success. Blissful blending--The ingredients are affordable and easy to find, and the recipes are quick to make. Troubleshooting tips--Get a list of common problems with smoothies (too thick, too sour, too grainy) and what you can do to fix them. Raise the goodness factor with a smoothie recipe book that offers unprecedented options for supercharged smoothies.

Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay. "Hamlyn All Colour Cookbook: 200 Juices & Smoothies" gives you

Italians are famous for their fabulous food and their passion for cooking - ingredients must be fresh and seasonal, cooking techniques must merely enhance the delicious natural flavour of food. Italian cuisine has also become hugely popular in the UK, with an Italian restaurant appearing on nearly every high street. From antipasti to indulgent desserts, this book provides you with 200 delicious ideas for re-creating that

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authentic Italian flavour in your own home. Each dish is accompanied by easy-to-follow instructions and a full page colour photograph to ensure perfect results every time. Millions of people either suffer from gluten intolerance or choose to reduce their intake of gluten as part of a healthy lifestyle. With stunning photographs and clear step-by-step instructions, Hamlyn All Colour Cookbook: 200 Light Gluten-Free Recipes offers a range of tasty, low-calorie dishes that are free from gluten and simple to make.

Cupcakes are a delectably indulgent treat - and so quick and easy to make! From colourful cakes to keep the kids entertained to sophisticated recipes for special occasions - Hamlyn All Colour Cookbook: 200 Cupcakes has something for everyone. Why not treat yourself to some gorgeous mocha cupcakes or delight a friend on their birthday with some maple, pecan and white chocolate muffins? Each recipe is accompanied by easy-to-follow instructions and a full page colour photograph to ensure perfect results every time. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN 978-0-600-63343-3) 200 Veggie Feasts (ISBN 978-0-600-63337-2) 200 Barbecue Recipes (ISBN 978-0-600-63332-7) 200 Gluten-Free Recipes (ISBN 978-0-600-63342-6) 200 Juices & Smoothies (ISBN 978-0-600-63330-3) 200 Slow Cooker Recipes (ISBN 978-0-600-63349-5) 200 Student Meals (ISBN 978-0-600-63340-2) 200 Super Salads (ISBN 978-0-600-63348-8) 200 Thai Favourites (ISBN 978-0-600-63346-4)

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Gluten-free is the way to be for many of those who suffer from coeliac disease, gluten allergies and even those who simply want to cut wheat from their diet. With over 200 delicious recipes, Hamlyn All Colour: 200 Gluten-Free Recipes showcases how easy life can be when eating gluten-free, and beautiful photographs and clear instructions make this book perfect for every cook at all ability levels. With recipes such as breakfast cereal bars, Thai coconut chicken, Victoria sandwich cake, chocolate caramel shortbread and lemon drizzle cake, this book enables home cooks to create healthy meals at home without sacrificing flavour.

Featuring stunning photographs and clear step-by step instructions, Hamlyn All Colour Cookbook: 200 Light Sugar-free Recipes is a great choice if you want to lower your sugar intake yet still enjoy the sweeter things in life. Recipes range from Scallops wrapped in Parma ham, Potato pizza margerita and Roast pork loin with creamy cabbage & leeks to Poppy seed & lemon cupcakes, Banana & buttermilk pancakes and Rosemary panna cottas - and each one is under 500 calories. Hamlyn All Colour Cookbook 200 Healthy Feasts will show you that 'healthy' doesn't have to mean 'boring'. If your aim is to eat healthily, but dread feeling hungry and lacking in energy, then Healthy Feasts will show you how easy it is by offering a variety of delicious, substantial and nutritious recipes designed to satisfy even the biggest appetites and keep you going until the next meal. With a focus on getting your '5-a-day' and eating meals rich in fish, fibre and maintaining a GI balance, Healthy Feasts provides for wholesome meals without the restraints of a traditional diet. The great flavours, appearance and aromas from these recipes will appeal to all your senses and by following the recipes in this book, you will find it easier and more enjoyable to eat a healthy, well-balanced diet without the feeling that you are being denied all the 'good stuff'.

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Whether for health or environmental reasons, the number of people in the UK opting to follow a vegan lifestyle has soared - there are now an estimated one million vegans. In response to this popularity, vegan food has become more accessible, higher in quality and better value for money. Whether you're new to veganism and looking to experiment with healthy and environmentally-friendly alternatives to your favourite foods, or a seasoned vegan, this book is sure to inspire your dishes and tantalise your tastebuds. However you choose to eat, the key to a satisfying diet is variety, and with 200 mouth-watering recipes, you'll never be short of inspiration, and you can easily make vegan food a regular part of your life. From quick snacks and light lunches to decadent dinner party delights, Hamlyn All Colour: 200 Vegan Recipes is every vegan's essential new kitchen companion.

Good food is essential for good health - even when you're a student living in uni accommodation. The Hamlyn All Colour Student Meals cookbook is the ultimate reference for healthy and delicious recipes that are easy enough for a first time cook to follow - and tasty enough that a cheap takeaway will become a thing of the past. It contains over 200 mouth-watering dishes and includes everything from traditional favourites like Shepherd's Pie to more exotic fare that is sure to impress your friends, plus entire sections on sweet treats and drinks. With clear step-by-step instructions, plus preparation and cooking times, making great food as a student has never been easier. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN 978-0-600-63347-1) 200 Cakes & Bakes (ISBN 978-0-600-63329-7) 200 Family Slow Cooker Recipes (ISBN 978-0-600-63057-9) 200 Halogen Oven Recipes (ISBN 978-0-600-63344-0) 200 One Pot Meals (ISBN 978-0-600-63339-6) 200 Pasta Dishes (ISBN 978-0-600-63334-1) 200 Super Soups (ISBN

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Cooking a meal from scratch can be a satisfying, relaxing and rewarding experience, no matter what your level of experience and time available. If you are keen to develop your culinary skills but are unsure where to begin, Hamlyn All Colour Cookbook: 200 Really Easy Recipes provides the perfect solution. Here is a collection of varied and simple-to-make dishes for every occasion, from starters and main meals to delicious desserts. Why not impress your friends and family with roasted pumpkin soup, a warm scallop salad or perhaps a caramel ice cream cake?

Get a quick start with your Magic Bullet Blender and meet your goals for better health and delicious meals! This book shows you exactly how to get the most out of your Magic Bullet so you can create delicious soups, shakes, sauces, breads, smoothies, desserts and even mixed drinks like a pro!! No other book contains such an assortment of helpful, specific instructions and delicious choices for how to use your Magic Bullet blender, with 100 of some of the

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most popular recipes, this book is truly the perfect companion for anyone who owns a Magic Bullet! LEARN HOW TO: - use your Magic Bullet to make soups - milkshakes and protein shakes - use your blender as a food processor - make sauces and dressings - make baked foods, breads, nut butters - make entrees such as burgers - make incredible desserts from cheesecake to ice cream! - Don't forget the tantalizing smoothies!! Do you own a Magic Bullet? Then this is your book. All of our recipes and "how to" information is designed specifically for your Bullet blender, and to help you with your lifestyle and health goals. Grab it today! MONEY-BACK GUARANTEE!! Free shipping for Prime members

"The little known cultures and cuisine of northern Laos are the source of the recipes, contributed by Laos' local ethnic groups and Luang Namtha Province's oldest and most renowned ecolodge. Few outsiders have the opportunity to explore the foods of northern Laos in depth. Much of it is only available in people's homes and villages or from the cooking pots of local stalls and markets. Restaurants generally present 'pan Asian' dishes to meet tourist's expectations and the locals' need for different tastes than a home cooked meal. Cookbooks on Lao food are scarce and until now, did not cover Lao cuisine north of Luang Prabang. But now, Food from Northern Laos describes the dishes, ingredients and

cooking arts of this scarcely known cuisine within its cultural context. With this book, we hope Lao cooking will gain the recognition it deserves. Eighty-eight dishes from Lao, Kmhmu', Tai Dam, Tai Yuan, Tai Lue Akha are presented in clear, simple recipes. Sprengers' stunning photography of the province's people and, food preparation in village homes and at The Boat Landing Guest House and Restaurant ties the dishes to their indigenous setting. unique cookbook includes: A photo-illustrated glossary of ingredients and substitutions ; Descriptions of Lao preparation and cooking techniques ; An explanation of traditional cooking equipment ; A bibliography, including web links." --Publisher.

Barbecuing is one of the most easy, enjoyable and healthy ways to cook food, but most amateur chefs simply stick to grilling sausages and flipping burgers. Hamlyn All Colour Cookbook: 200 BBQ Recipes is packed with hundreds of inspirational recipes and variations that will guarantee you never have a boring barbie again. The book includes delicious ideas for main courses, accompaniments and desserts as well as vegetarian options and healthy salad choices, home-made marinades and appetizers that are great served at dinner parties. With stunning colour photography for each recipe and presented in a handy format, 200 BBQ Recipes is fantastic value for money. Check out some of the other titles in the series: 200 5:2 Diet Recipes (ISBN

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Cutting down on red meat is a great way to avoid eating too much saturated fat, as well as keeping your cholesterol low. Now that the quality of fruit and vegetables that we can buy is so good, more and more people are opting to eat meat-free meals in order to save money and calories. This book can help you start up a meat-free regime, or if you are already a committed vegetarian, it can boost your repertoire with its inventive low-fat meals that come in under either 500, 400 or 300 calories. A delicious range of salads, soups, main courses and desserts for low-calorie meat-free meals at any time of day. Would you like to cut down on convenience food? Want to eat home-cooked meals but just don't have

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the time or energy to prepare them after a busy day? Then a slow cooker could be the solution for you. Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. Hamlyn All Colour: 200 Slow Cooker Recipes provides over 200 recipes for you to enjoy, with delicious ideas for breakfasts and light bites, meat dishes, vegetarian meals, fish and seafood dishes and desserts.

Collects fresh and healthy juice recipes that help incorporate vitamin-rich foods into the diet, featuring juices that support detox and cleansing, weight loss, longevity and aging, and beautiful hair and skin.

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