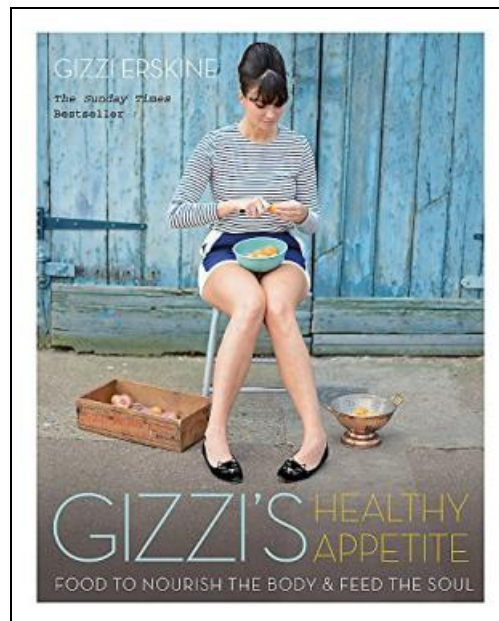


## Gizzi s Healthy Appetite: Food to nourish the body and feed the soul (Paperback)



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Octopus Publishing Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. A great collection of food you ll really want to eat. - Tom Kerridge Simple tweaks that will make your food more delicious and nutritious - Independent on Sunday The Korean fried chicken is our go-to indulgence. there s no excuse for such dishes not to feature regularly in your midweek menu. - Stylist A seriously smart foodie authority. - GQ Here I am. I want to start a new food revolution; one where people have a better understanding of nutrition but don t forget that eating should be enjoyable! - Gizzi Erskine believes that the key to healthy eating is to cook fresh food using good ingredients. Her ethos is to love food in all its guises and to try new things as much as possible. Gizzi s Healthy Appetite is a collection of over 100 of her favourite recipes - all with a Gizzi twist. Among the array of incredible dishes, insanelly good flavours and palate-pleasing textures to choose from are the crunchy Marinated Griddled Whole Chicken Caesar salad, spicy Green Chilli Pork, oozing Roasted Baby Cauliflower with Cheese Sauce Crispy Shallots, fresh Tuna Tataki with Yuzu and the ultimate Korean BBQ. And, for a sweet treat, who could resist warm Molten Caramel Chocolate Puddings, soothing White Chocolate Cherry Clafoutis or the fragrant Maple, Orange Rosemary Tart? These are dishes that anyone with a healthy appetite will relish.



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