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ANVOSI - HILLARY FREDDY

'You could cook from it over a whole lifetime, and still be learning' Nigella Lawson 'A rigorous, nuts-and-bolts bible of a book' Jay Rayner, Observer 'Lateral Cooking...uncovers the very syntax of cookery' Yotam Ottolenghi 'Astonishing and totally addictive' Brian Eno The groundbreaking new book that reveals the principles underpinning all recipe creation, from the author of the best-selling *The Flavour Thesaurus* Do you feel you that you follow recipes slavishly without understanding how they actually work? Would you like to feel freer to adapt, to experiment, to play with flavours? Niki Segnit, author of the landmark book *The Flavour Thesaurus*, gives you the tools to do just that. *Lateral Cooking* is organised into 77 'starting-point' recipes, reducing the phenomenal variety of world cuisine down to its bare essentials - and then building it back up again. So, under 'Bread', we learn that flatbreads, oatcakes, buckwheat noodles, chapattis and tortillas are all variations on one theme. A few simple tweaks and you can make soda bread, scones or cobbler. And so on, through breads and batters, broths, stews and dals, one dish leading to another. *Lateral Cooking* is as inspirational and entertaining a read as it is a practical guide. Once you have the hang of each starting point, a wealth of flavour possibilities awaits, each related in Niki's signature combination of culinary science, history, chefs' wisdom and personal anecdote. You will realise that recipes that you had thought were outside of your experience are reassuringly similar to things you've made a dozen times before. It will give you the confidence to experiment with flavour, and adapt with the seasons or the contents of your fridge. You will, in short, learn to cook 'by heart'- and that's where the fun really begins. Despite all the airtime devoted to Amanda Knox, it's still hard to

reconcile the fresh-faced honor student from Seattle with the sexually rapacious killer convicted of the November 2007 murder of her British roommate. Few Americans have heard all of the powerful evidence that convinced a jury that Knox was one of three people to sexually assault Meredith Kercher, brutalize her body, and cut her throat. In *Angel Face*, Rome-based *Daily Beast* senior writer Barbie Latza Nadeau - who cultivated personal relationships with the key figures in both the prosecution and the defense - describes how the Knox family's heavy-handed efforts to control media coverage distorted the facts, inflamed an American audience, and painted an offensive, inaccurate picture of Italy's justice system. An eye-opener for any parent considering sending a child away to study, *Angel Face* reveals what really went on in this incomprehensible crime.

Sourdough is a traditional style of bread that is both healthy and delicious, making it a favourite with artisan bakers. The unique tastes and texture of sourdough takes patience, forethought and love to create, and its rise in popularity is indicative of a greater shift towards a more mindful, considered way of living. Sourdough brings you all you need to know about baking the bread at home and includes 15 extensive and clear step-by-step recipes using a variety of grains. From making your own starter yeast to how to use different flours, Norwegian bakers Casper and Martin's approach is basic and rustic, just like sourdough itself.

Quindici anni dopo la pubblicazione del primo libro di ricette vegan apparso in Italia, Stefano Momentè torna con una selezione, corredata di meravigliose fotografie, delle migliori ricette proposte in questi anni di divulgazione culinaria. Perché il veganismo non è una dieta, ma il cibo è parte fondamentale dell'esistenza di ognuno. Questo libro ci offre quindi, a cura di chi molti definiscono il mentore del veganismo nel nostro Paese, veloci e gustose pre-

parazioni per vivere in modo sano, completo e divertente, la scelta vegetale in cucina. In questo libro vengono presentate molte ricette Vegan, di varia provenienza, sia dalla cucina italiana che da quella internazionale, tutte gustose, nutrienti e sane, per il nostro corpo e per la nostra coscienza.

The Art of Botanical Drawing is an introductory guide to the techniques of botanical painting and drawing. Beginning artists and gardeners looking to capture the beauty of the plants in their garden will learn how to recognize and draw a wide variety of flowers and leaves, including succulents, vegetables, trees, perennials, and grasses. Botanists and naturalists who need to understand the fundamentals of scientific illustration will also find the text useful. Lessons on recognizing and recreating the texture and structural elements of plants are also included. *The Art of Botanical Drawing* is practical and beautiful—it includes 150 charming color illustrations and the hands-on approach is accessible to even the most inexperienced budding artist.

Food needs salt. The quantity is a matter of personal taste but some presence is essential and little is more disappointing from the eating perspective than a plate of food that looks fabulous and tastes of very little. It shows the cook's priorities are all wrong, that too much television cookery has been watched and not enough tasting and enjoyment indulged in.' So says Shaun Hill, who in this engaging exploration of his 50 years as a chef, brings his wealth of experience to the table, sharing what he has learnt so that the home cook can create truly remarkable dishes. Never one to shy away from controversy, he covers everything from why local and seasonal are not necessarily indicators of quality, to why soy beans are best left for cattle feed and Budapest is paradise for the greedy. The recipes range from Warm Rock Oysters with Spring Onion Butter Sauce to Pork in Shirtsleeves and

Buttermilk Pudding with Cardamom. And although his commentary is undeniably witty, it's Shaun's knowledge and expert guidance that makes this book an invaluable tome for anyone who takes their food (but not themselves) seriously. 'This is a book you need to own; a lifetime's hard work in the kitchen distilled into sensible brevity. Shaun is a friend and a great cook.' Rick Stein

The life and times of the Great British Pudding, both savoury and sweet - with 80 recipes re-created for the 21st century home cook Jamie Oliver says of *Pride and Pudding* 'A truly wonderful thing of beauty, a very tasty masterpiece!' **BLESSED BE HE THAT INVENTED PUDDING** The great British pudding, versatile and wonderful in all its guises, has been a source of nourishment and delight since the days of the Roman occupation, and probably even before then. By faithfully recreating recipes from historical cookery texts and updating them for today's kitchens and ingredients, Regula Ysewijn has revived over 80 beautiful puddings for the modern home cook. There are ancient savoury dishes such as the Scottish haggis or humble beef pudding, traditional sweet and savoury pies, pastries, jellies, ices, flummeries, junkets, jam roly-poly and, of course, the iconic Christmas pudding. Regula tells the story of each one, sharing the original recipe alongside her own version, while paying homage to the cooks, writers and moments in history that helped shape them.

St. Augustine's *Confessions* is one of the most important works in the history of literature and Christian thought. Written around 397, when Augustine was the Christian bishop of Hippo (in modern-day Algeria), the *Confessions* were designed both to spiritually educate those who already shared Augustine's faith, and to convert those who did not. Augustine did this through the original maneuver of writing what is now recognized as being the first Western autobiography - letting readers share in his own experiences of youth, sin, and eventual conversion. The *Confessions* are a perfect example of using reasoning to subtly bring readers around to a particular point of view - with Augustine inviting them to accompany him on his own spiritual journey towards God so they could make their own conversion. Carefully structured, the *Confessions* run from describing the first 43 years of Augustine's life in North Africa and Italy, to discussing the nature of memory, before moving on to analyzing the Bible itself. In order, the sections form a carefully structured argument, moving from the personal to the philosophical to the contemplative. In the hundreds of years since

they were first published, they have persuaded hundreds of thousands of readers to recognize towards the same God that Augustine himself worshipped.

2017 James Beard Foundation Book Awards Winner: Vegetable Cooking A collection of vegetarian dishes influenced by Middle Eastern flavors from Salma Hage, author of the bestselling classic, *The Lebanese Kitchen*, also published by Phaidon. A definitive, fresh and approachable collection of 150 traditional recipes from an authoritative voice on Middle Eastern home cooking, Salma Hage's new book is in line with the current Western trends of consciously reducing meat, and the ancient Middle Eastern culture of largely vegetarian, mezze style dining. Traditionally, the Middle Eastern diet consisted largely of vegetables, fruits, herbs, spices, pulses, grains and legumes. Salma simplifies this fast becoming popular cuisine with easily achievable recipes, many with vegan and gluten-free options. Drawing inspiration from ancient and prized Phoenician ingredients, from grassy olive oil to fresh figs and rich dates, this book offers an array of delicious breakfasts and drinks, mezze and salads, vegetables and pulses, grains and desserts. Salma shows how to easily make the most of familiar everyday fruits and legumes, as well as more exotic ingredients now widely available outside of the Middle East, with nourishing recipes so flavourful and satisfying they are suitable for vegetarians and meat-eaters alike.

Quarry is a pro in the murder business. When the man he works for becomes a target himself, Quarry is sent South to remove a traitor in the ranks. But in this wide-open city - with sin everywhere, and betrayal around every corner - Quarry must make the most dangerous choice of his deadly career: who to kill?

'A fascinating insight into one of the most exciting & rapidly evolving areas of modern science.' Michael Mosley, author of *The 8-Week Blood Sugar Diet* **FORGET EVERYTHING YOU THOUGHT YOU KNEW ABOUT FOOD...** At the world-renowned Weizmann Research Institute, Dr Eran Segal and Dr Eran Elinav have been looking at what and how we eat differently. In one of the largest ever studies of nutrition and health they have proved conclusively that every food affects every body differently. In other words, what is healthy for one person could be unhealthy for another. The *Personalized Diet* offers the ground breaking knowledge, tools and life hacks to re-examine how you think about food, health and well-being, and discover the right foods for you. There are no foods that

are just good or bad, there is no one-size-fits-all diet; instead, there is *The Personalized Diet*. Welcome to your blueprint for a healthier, happier, longer life.

📄 55% OFF for Bookstores! Retail Price Discounted for a Few More Days! If You are Looking for a Complete Guide for lose weight with taste and without giving up or get rid of obesity Then Your Customers Never Stop to Use This Awesome Book! Obesity is slowly becoming one of the most serious issues that occurred in Western societies. It is usually favored by lack of activity, even stress of lockdowns for Virus, but we can all agree that the food we eat is making us quickly gain weight. Perhaps you are struggling to lose some weight. Perhaps you have an active lifestyle with frequent visits to the gym but still not having the results you expect. In most cases, nutrition is to blame because we stuff ourselves with plenty of high-calorie and low-nutrient foods. Everything was a lot more natural back then, and you didn't have to eat massive amounts to get satisfied. This is the sad truth! In this complete guide you can learn: ✓ What is Sirtfood Diet? ✓ What is the Skinny Gene? ✓ How to Follow the Sirtfood diet ✓ The phases of the Sirtfood diet in your body ✓ 35 Quick and Easy Recipes for: Breakfast, Lunch, Dinner and Snacks ✓ How to Calculate Your RDA ✓ 7 Days Meal Plan to Activate Sirtuins and Kickstart Fat Burning ✓ 28 Days Program With Deliciously Recipes ✓ How Superfoods Prevent Cancer and many more... This book is suggesting a slightly different approach, the food diet. You may be very reluctant about this diet since you are too skeptical about diets in general. It is not magic or a scam; this diet really works. Don't believe me? Well, are you wondering how Adele lost so many pounds lately? By trying this diet! Even if you have never done a diet before, even if you have tried thousands of useful diet programs without success, even if you haven't tried a diet based on activate Sirtuins in your life, this bestseller book will guide you reaching the fit body you want, through 7-days meal plan and a 4 week guide to Kick-start Fat Burning Today ! So what are you waiting for? Buy it NOW and Let Your Customers Get Addicted to This Amazing Book!

A modern and fresh take on vegetarian, vegan, and raw food - now available in paperback for the first time *Raw*, by acclaimed Icelandic cook Solla Eiríksdóttir, was first published in 2016, when the concept of raw food was relatively new. Now a widely accepted route to healthy eating, her book features 75 healthy and delicious mainly raw recipes, introducing readers to an approach to

ethical and sustainable eating that has found its way into the everyday diets of people around the world. Divided into five chapters – breakfast, snacks, light lunches, main dishes, and sweet treats – the book abounds with bright, fresh tastes such as turmeric tostadas, quinoa pizza, kelp noodles with tofu, and vegan vanilla ice cream.

This book is part of the TREDITION CLASSICS series. The creators of this series are united by passion for literature and driven by the intention of making all public domain books available in printed format again - worldwide. At tredition we believe that a great book never goes out of style. Several mostly non-profit literature projects provide content to tredition. To support their good work, tredition donates a portion of the proceeds from each sold copy. As a reader of a TREDITION CLASSICS book, you support our mission to save many of the amazing works of world literature from oblivion.

Hai mai pensato che una colazione ti potesse cambiare la vita? Iniziare la giornata con la colazione naturale in equilibrio è la chiave del benessere. Cambiando gli ingredienti della tua colazione potrai migliorare il tuo peso forma, sentirti più sgonfio e svolgere tutti i compiti quotidiani e magari anche allenarti in modo più efficace. I primi passi del mattino pongono le basi per una vita e una salute migliore e, senza dubbio, sarà l'inizio di tanti altri cambiamenti positivi per la tua vita. Questo libro ti insegnerà ad iniziare ogni nuova giornata con energia e vitalità, offrendoti ricette naturali che rivoluzioneranno tutto quello che sai sul cibo e cambieranno per sempre il modo in cui ti senti ogni giorno. Colazioni super deliziose, veloci e semplici da preparare in casa, adatte anche per chi al mattino è sempre di fretta.

A healthy diet can reduce the appearance of cataracts and age-related macular degeneration, as well as contribute to the prevention of many ocular diseases. This unique book provides scientific information along with culinary recipes to produce an interesting mixture of science and excellent cuisine.

There's only one way out. Belle Morte. One of five houses where vampires reside as celebrities and humans are paid to be their living donors. While others came here seeking fortune, I came in search of my sister who walked into Belle Morte five months ago . . . and never walked back out. Now that I'm here, the secrets about this world prove to be much bigger than I ever anticipated. And lurking around every corner are shocking insinuations regard-

ing what happened to my sister. There's only one person who might have the answers I need, and the undeniable pull I feel toward him is terrifying: Edmond Dantès—a vampire, and my mortal enemy. The harder I try to resist him, the further I fall under his spell. And in one instant my life is irrevocably changed. My past becomes prologue and my fate becomes sealed behind these doors. Belle Morte has spoken. And it may never let me go.

A must-have for every 21st-century foodie, this book gathers the best infographics of all things eating, drinking, and cooking. Whether it's the secrets of sashimi or stress-free party planning, this is gastro-guidance at its most visually appealing and expert, solving kitchen conundrums in simple and memorable graphics, while exploring visual...

Three cakes in one, this is every cake-lovers dream! Composed of just eggs, sugar, flour, butter and milk, and with a super simple preparation method, at first glance these recipes look just like any other cake recipe. But the magic in these cakes is in the cooking. Baked at a low temperature, the cake mixture divides itself into three layers, each with a distinct texture and taste: a dense, moist cake base; a delicate cream filling; and a light and fluffy sponge to top it off. The result is a cake like you've never tasted before - an explosion of textures and flavours in a moreish cake you just can't have one bite of! With chapters covering the Basics; Tutti-Frutti; Special and Occasion Cakes; and Savoury, there are a host of flavours at your fingertips, from the simple vanilla cake of chocolate hazelnut, to more exotic flavour combinations of raspberry and Matcha green tea. Take the magic cake to a whole new level with the occasion cakes - try the Valentine mango passion cake or the intense chocolate Easter cake. More than just cakes, there are recipes for cupcakes, pies, cheesecakes and brownies - all with the special 'magic' touch. So what are you waiting for? Discover the magic for yourself!

Worried about your or your loved ones' cognitive degeneration? Want to learn how to prevent Alzheimer's and Dementia? Would you want your grandpa, or your grandma, to love this diet too and never be able to live without it again? Looking to eat healthier and lose weight? Most likely your brain is suffering at this moment and you have no way of knowing it nor your brain a way of telling you, even when the damage is irreversible. It's time to take care of your brain health and prevent it from failing with brain-healthy food, preserving its health and proper functioning. In the Mind Di-

et Cookbook for Beginners, you will find the best meal plan, based on the latest scientific studies, to enhance brain function and prevent Alzheimer's as well as an eating strategy for daily life. You will find: What is the Mind Diet, how it works, which foods to eat and which to avoid Recommended herbs and spices with nutrients that are good for the brain Studies about the effectiveness of food on the brain's health and prevention of diseases. How to reduce your risk of Dementia and Alzheimer's 7-day Mind plan and a shopping list with recommendations and tips for long-term success Healthy Brain recipes that are easy to prepare, good for your brain and delicious. ...and more! With this book, you can leave behind the fear of making mistakes and worsening your or your loved one's condition. Taking care of your brain health is easier than you think. Get your book now!!!

Oltre 70 ricette, tutte italiane, dall'antipasto al dolce, semplici e alla portata di tutti, per portare in tavola tutta la bontà della gastronomia italiana ma con la leggerezza del senza glutine. Ricette adatte alle famiglie: bruschette, pasta, zuppe, risotti, focacce e deliziosi dessert. Un'attenta selezione di ricette senza glutine che non precludano il gusto, la texture e l'aspetto. Tante ricette anche vegetariane e vegane per poter accontentare ogni richiesta. Direttamente da Hollywood una cucina sana, leggera e 100% Made in Italy.

In Modern Vintage Style, Emily Chalmers—interiors stylist and owner of hip boutique Caravan—shows how using vintage items in a contemporary context can introduce humor, flair, and personality to any home. In Modern Vintage Style, Emily Chalmers—interiors stylist and owner of hip boutique Caravan—shows how using vintage items in a contemporary context can introduce humor, flair, and personality to any home. Think antique and brand new, machine-made and handcrafted, shiny smooth and distressed, plastic and porcelain, all mixed up in a fresh, original way. Decorating should be fun and inspiring, so there are no style diktats; no “this-must-go-with-that”. Modern vintage is all about trusting your instincts and taste and using a bit of imagination in seeking out the right items to create a perfect balance of old and new. In the first section of the book, Inspirations, Emily offers up imaginative and varied examples of furniture, lighting, textiles, decorating, and collections & display. In the second section, Style, she shows you exactly how to pull the look together, applying her decorating philosophy so you can cook & eat, live, sleep, and bathe in

tune with Modern Vintage Style.

A follow-up to the successful 'The ScandiKitchen' (published September 2015), this new book from Brontë Aurell features over 60 recipes for cakes, bakes and treats from all over Scandinavia. From indulgent cream confections to homely and comforting fruit cakes and traditional breads, sweet buns and pastries.

This is one of the most significant military books of the twentieth century. By an outstanding soldier of independent mind, it pushed forward the evolution of land warfare and was directly responsible for German armoured supremacy in the early years of the Second World War. Published in 1937, the result of 15 years of careful study since his days on the German General Staff in the First World War, Guderian's book argued, quite clearly, how vital the proper use of tanks and supporting armoured vehicles would be in the conduct of a future war. When that war came, just two years later, he proved it, leading his Panzers with distinction in the Polish, French and Russian campaigns. Panzer warfare had come of age, exactly as he had forecast. This first English translation of Heinz Guderian's classic book - used as a textbook by Panzer officers in the war - has an introduction and extensive background notes by the modern English historian Paul Harris.

Esiste un luogo dove la natura e la cucina si fondono indissolubilmente, e dove l'amore per la natura si esprime nella consapevolezza e nel rispetto, dalla terra alla griglia. Il Podere Arduino è un ideale di vita, un'esperienza e un ristorante che raccoglie tutti coloro che hanno contribuito o contribuiscono tuttora a far sì che questo luogo esista. In cucina, i raccolti dell'orto si trasformano e danno vita a ricette originali, deliziose e sane. La tradizione agricola Toscana si combina con il fuoco della brace e una ricerca culinaria continua, che conquista tutti. Sapori autentici, colori unici e brillanti, Dalla terra alla brace è molto più di un libro, è uno strumento che accorcia le distanze, è una filosofia di vita che ti permette di osservare gli alberi e i loro frutti che maturano, godere del cambio delle stagioni e servire la natura su un piatto senza intermediari.

A must-have for every baker, with 130 recipes featuring bold new flavors and ingredients. Here is the go-to cookbook that definitively ushers the baking pantry beyond white flour and sugar to include natural sweeteners, whole-grain flours, and other better-for-you—and delicious—ingredients. The editors at Martha Stewart Living have explored the distinctive flavors and alluring tex-

tures of these healthful foods, and this book shares their very best results. A New Way to Bake has 130 foolproof recipes that showcase the many ways these newly accessible ingredients can transform traditional cookies, pies, cakes, breads, and more. Chocolate chip cookies gain greater depth with earthy farro flour, pancakes become protein powerhouses when made with quinoa, and lemon squares get a wonderfully crumbly crust and subtle nutty flavor thanks to coconut oil. Superfoods are right at home in these baked goods; granola has a dose of crunchy chia seeds, and gluten-free brownies have an extra chocolaty punch from cocoa nibs. With a DIY section for making your own nut butter, yogurt, coconut milk, and other basics, and more than 150 photographs, including step-by-step how-to images, A New Way to Bake is the next-generation home-baking bible.

As featured in the Daily Telegraph's 'Best cookbooks to turn to in isolation' Diana Henry named Best Cookery Writer at Fortnum & Mason Food & Drink Awards 2015 Winner - James Beard Award: Best Book, Single Subject The Guild of Food Writers named Diana Henry as Cookery Journalist of the Year 2015 Chicken is one of the most popular foods we love to cook and eat: comforting, quick, celebratory and casual. Plundering the globe, there is no shortage of brilliant ways to cook it, whether you need a quick supper on the table after work, something for a lazy summer barbecue or a feast to nourish family and friends. From quick Vietnamese lemon grass and chilli chicken thighs and a smoky chicken salad with roast peppers and almonds, through to a complete feast with pomegranate, barley and feta stuffed roast chicken with Georgian aubergines, there is no eating or entertaining occasion that isn't covered in this book. In A Bird in the Hand, Diana Henry offers a host of new, easy and not-so-very-well-known dishes, starring the bird we all love.

Vincitore del premio "Best Hotel Award" rilasciato dalla British Vegetarian Society, il Country House Montali è stata recentemente proclamata in America come una delle dieci migliori destinazioni al mondo. In Italia è diventata il primo hotel/ristorante gourmet vegetariano e una meta di vacanze. Il cibo alla Country House Montali è fantastico, sfata i miti e i pregiudizi che si creano sulla cucina vegetariana e dimostra invece che si possono raggiungere alti livelli di eccellenza tecnica! Questo volume rappresenta la raccolta delle loro ricette migliori, sviluppate in 25 anni di lavoro professionale. Il loro sogno è sempre stato quello di dare alla

cucina vegetariana un'interpretazione più raffinata, nonostante le difficoltà e i costi di tempo e denaro che ci sarebbero voluti per raggiungerlo. Il libro raccoglie anche molte storie divertenti su com'è la vita di un albergatore!

The anticipation of Christmas and the excitement of Advent bring out the cook in everyone, whether you're making nibbles to serve with drinks for friends, planning your holiday season menu or baking heartfelt gifts for loved ones. From panettone and jam cookies, to nourishing salmon and potatoes, pumpkin wellington and a warming ginger punch, here are 24 seasonal recipes to add festive deliciousness to your celebrations and personal touch to your gift-giving.

Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories family David, Luise and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year-old. Start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw bean-sprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.

David Frenkiel and Luise Vindahl Andersen are the new faces of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and inspires people around the world to cook super-tasty, healthy vegetarian recipes using only natural ingredients. In The Green Kitchen they will delight meat-eaters and non meat-eaters alike by sharing over 80 of their favourite recipes, which can be enjoyed by the whole family. Using everyday staples from their pantry and combining them with in-season produce, David and Luise tell the stories from their kitchen, and show how easy it is to create nourishing, well-balanced dishes on a daily basis. Whip up some Spinach muffins for breakfast, Warm faro salad for lunch, and Vegetable lasagne with lemon ricotta for a supper to share with friends. Have your cake and eat it too with Frozen pink cheesecake, Cherry and blueberry crumble, Licorice ice cream and more. As well as large dishes, they have an array of soups,

salads, juices, small bites and picnic food that are uncomplicated to make but are bold in flavour and will have you wanting more. Start your love-affair with vegetables today with *The Green Kitchen*. Featuring stylish photographs throughout, this stunning book will show you how easy it is to cook delicious, sumptuous foods that taste great and are good for the body and the soul.

Hailed as the world's most innovative chocolatier by London's *Sunday Times*, Paul A. Young can transform chocolate into haute cuisine. This book is a journey through a chocolatier's world, where he shares his passion, knowledge, and recipes for the home cook. Starting with truffles and ganache, moving on to many cocktails and other beverages, and surprising recipes like Dark Chocolate and Chilli Gnocchi, Mascarpone, and Pecorino, this book will bring inspiration into every chocolate lover's home.

Il rivoluzionario programma di 21 giorni per perdere peso in modo sano «Fa' che il cibo sia la tua medicina e che la medicina sia il tuo cibo». Questa celebre frase di Ippocrate è il mantra che bisognerebbe tenere a mente nell'affrontare qualunque discorso sul dimagrimento. Perdere peso e tenersi in forma ha senso infatti solo se si parte dal presupposto che lo si fa per stare bene, che l'obiettivo finale non sono i chili o i centimetri in meno, ma un organismo in buona salute. Questa guida propone un rivoluzionario sistema da sperimentare in 21 giorni, con sessioni quotidiane di allenamento di trenta minuti, basato su studi all'avanguardia in ambito medico e nutrizionale, capace di rimettere in moto il metabolismo e riabituarci il nostro corpo ad attivarsi secondo ritmi più sani. Basta con diete fallimentari o digiuni forzati: il segreto per un organismo che funziona è legato a un'attitudine positiva nei confronti dell'attività fisica e del cibo e, soprattutto, all'attenzione per il benessere psicologico, indispensabile per quello del corpo. Intensive

21 è un programma completo, che va dall'allenamento da seguire ai cibi sani da comprare, che prevede giorni di riposo, consigli e poche, semplici regole da tenere sempre presenti. L'obiettivo? Il raggiungimento di un equilibrio a 360 gradi. 21 giorni di allenamento sano per riattivare il metabolismo ed entrare in sintonia con i ritmi biologici del nostro corpo Ecco che cosa dice chi ha seguito il metodo Intensive 21: «Intensive 21 è uno stile di vita, una rinascita, il giusto modo per amarsi e prendersi cura di sé con consapevolezza, motivazione, grinta ed entusiasmo e soprattutto senza false aspettative.» «Questo non è un percorso con un inizio e una fine, ma uno stile di vita! Lo consiglio a prescindere dal dover perdere peso, per sentirsi bene!» «Avevo bisogno di trovare una strada per stare bene. Allenamenti estenuanti e privazione di cibo mi hanno accompagnato per una vita senza risultati. Con Intensive 21 mi sto volendo bene con il cibo e l'allenamento.» Nataliya Gera Vive a Milano ed è l'ideatrice del metodo Intensive 21. Appassionata di sport sin dall'infanzia, ha frequentato numerosi corsi da personal trainer, health coach e postural trainer. Con la prima gravidanza, intenzionata a controllare il peso in modo corretto, ha cominciato a studiare un programma che avesse solide basi scientifiche. Il suo metodo per mantenersi in forma ha riscosso un notevole successo sui social e l'ha resa un punto di riferimento quotidiano per i suoi follower.

The ultimate no-fuss cookbook for the veggie, vegan or flexitarian in your life 80 quick, easy and delicious vegan recipes, each using only one dish! 'Anyone considering a foray into veganism should acquaint themselves with the work of Roxy Pope and Ben Pook . . . simple, healthy recipes made up of everyday ingredients' *Vogue* _____ One Pot Vegan is the perfect staple cookbook for vegans, vegetarians, flexitarians, or anyone who simply wants more plants on their plate. Packed with inspiration for pastas, curries,

salads, stir-fries, noodles and even puddings, every recipe uses simple supermarket ingredients - for maximum flavour with minimum fuss. One-pot, one-pan and one-tray recipes include: - QUICK AND NUTRITIOUS MIDWEEK MEALS, such as rainbow noodles, smoky sausage cassoulet, and roasted squash with cauliflower and sage - SIMPLE SIDES AND LIGHT BIGHTS, such as roasted vegetable mezze, loaded sweet potato wedges, and no-waste harissa cauliflower - HEARTY HOME COMFORTS, like rich lazy lasagne, mushroom and ale filo pie, and warming pearl barley chili - TAKEAWAY CLASSICS, including mushroom tikka masala, tofu satay, and Chinese-inspired sweet and sour jackfruit - SWEET TREATS AND DESSERTS such as peanut butter swirl brownies, boozy Caribbean pear cake, and cardamom and pistachio shortbread From the creators of SO VEGAN, one of the world's leading vegan food platforms with a growing community of over 1.5 million followers. Recipes are accompanied by full nutritional info, plus tips for batch cooking or freezing. Eating more plants has never been so easy! _____ PRAISE FOR SO VEGAN: 'Faff-free, delicious recipes' *Times* 'Masterminds' *Plant Based News*

Detective Inspector Ray Lennox has fled to Miami to escape the aftermath of a mental breakdown induced by occupational stress and cocaine abuse, and a harrowing child-sex murder case back in Edinburgh. But his fiancée Trudi is only interested in planning their wedding, and soon Lennox cast adrift, alone in Florida. A coke-fuelled binge brings him into contact with another victim of sexual predation, ten-year-old Tianna, and Lennox flees across the state with his terrified charge, determined to protect her at any cost. But can Lennox trust his own instincts? And can he handle Tianna, while still trying to get to grips with the Edinburgh murder?