

New
for 2009

Good Food Good Health Good Cook

Every
recipe
nutritionally
analysed

Also available on  www.amazon.co.uk/shops/fatima757

The aim of the book is to provide a selection of easy-to-prepare recipes for everyday cooking which are healthy, exciting and fulfilling.

The recipes have been nutritionally analysed to give an indication of the health status of each dish.

Good Food · Good Health · Good Cook

- Is not just another cookery book.
- Provides a clear health indicator.
- Includes mainly amber and green recipes (as classified by the FSA).
- Provides some unique recipes from a personal collection.
- Includes full colour photographs.

The main aims of the book are:

- To introduce a whole variety of new flavours and dishes.
- To demonstrate how simply these can be created in the kitchen.
- To achieve this in a healthy and well-balanced way.

The main sections of the book cover a selection of

Soups; Fish and prawn dishes;
Chicken, lamb and beef dishes;
Vegetarian dishes;
Sweets and puddings.



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