

## Love Bake Nourish

'Attention fans of GBBO - you're sure to love this story!' - New 'Delicious . . . friendship, rivalry and exposed secrets, gorgeously told' - Elle 'Clever and compelling. I loved this!' Nina Stibbe, bestselling author of Love, Nina \*\*\*\*\* There are many reasons to bake: to feed; to create; to impress; to nourish; to define ourselves; and, sometimes, it has to be said, to perfect. But often we bake to fill a hunger that would be better filled by a simple gesture from a dear one. We bake to love and be loved. In 1966, Kathleen Eaden, cookery writer and wife of a supermarket magnate, published *The Art of Baking*, her guide to nurturing a family by creating the most exquisite pastries, biscuits and cakes. Now, five amateur bakers are competing to become the New Mrs Eaden. There's Jenny, facing an empty nest now her family has flown; Claire, who has sacrificed her dreams for her daughter; Mike, trying to parent his two kids after his wife's death; Vicki, who has dropped everything to be at home with her baby boy; and Karen, perfect Karen, who knows what it's like to have nothing and is determined her façade shouldn't slip. As unlikely alliances are forged and secrets rise to the surface, making the choicest choux bun seems the least of the contestants' problems. For they will learn - as Mrs Eaden did before them - that while perfection is possible in the kitchen, it's very much harder in life. \*\*\*\*\* 'Vaughan's engaging writing is packed with brilliant baking tips not to mention delectable descriptions of the food the contestants create. Enjoy' - WI magazine 'An extremely enjoyable book with strong characters and intriguing story lines. I loved every minute of it' - Bookbag '5 out of 5. An amazing read. It makes you crave cake and it makes you want to devour the words, enjoying every morsel till it reaches the . . . tear-jerking . . . end' - Random Redheaded Ramblings blog

FROM THE AUTHOR OF OUR KOREAN KITCHEN, WINNER OF THE OBSERVER FOOD MONTHLY'S 'BEST NEW COOKBOOK AWARD' 2016, AND FORTNUM & MASON'S 'COOKERY BOOK' AWARD 2016 In this beautiful full-colour cookbook, award-winning author Jordan Bourke shows you how simple it is to make nourishing breads; savoury tarts and bakes; and indulgent yet wholesome sweet treats. Reclaiming 'healthy' for what it really means - nutritious, balanced food made from natural ingredients - these are recipes to bring joy and flavour back into your baking and beyond. Alongside sumptuous 'regular' bakes - such as the perfect Sourdough bread, Caramelised Onion, Sweet Potato and Rye Tart, and Italian Strawberry and Chocolate Chunk Cake - Jordan also gives ancient grains and pickles a western update, revealing how easy it is to make abundant salads, bubbling ferments, seasonal preserves and more. *Healthy Baking* provides over 100 nourishing and mouth-watering ways to revive and reinvent cooking at home. Using alternatives to refined sugar and featuring lots of options to make recipes gluten- and dairy-free, you'll quickly discover how ferments and grains can invigorate your cooking - from cultivating the perfect sourdough starter to creating delicious salads and decadent cakes.

A beautifully illustrated collection of 100 easy-to-prepare recipes laced with thoughtful reflections on cooking and life. Have you ever noticed how the words that describe the cooking process also resonate in a more meaningful way to describe the very act of living? Stirring, blending, mixing, and measuring are terms that apply to how we live as well as how we cook. Bestselling cookbook author Roxie Kelley takes this correlation to heart and pairs her observations on life in and outside the kitchen with Kathleen Taylor's distinctive bright, whimsical folk artwork inside *Stir My Soul*. From a Rustic Vegetable Breakfast Bake and Chunky Chicken Salad Sandwiches to Sweet and Sour Pork Chops, White Cheddar Potato Pancakes, and Roxie's Favorite One Bowl Chocolate Chip Cookies, *Stir My Soul* presents more than 100 recipes alongside definitions of cooking terms and how those words translate to life experiences. As Roxie explains, "The words that describe actions required in cooking are the same ones that make up daily life: my family and friends are part of my "fold," I "measure"

my words when speaking to my children . . . all these life activities, like good recipes, lead to a satisfying result just like a completed dish or favorite dessert.” Consider *Stir My Soul* a coming to terms with terms, if you will—a collection of recipes certain to nourish your body and stir your soul.

A complete dietary program for women seeking healthy pregnancy. Created by RDN certified experts, *Fertility Foods* provides you with powerful nutritional benefits and more than 100 recipes. Struggling with infertility can be one of the most frustrating experiences for women looking to conceive. Rather than juggle multiple prescription medications all while scheduling an endless series of doctors’ visits, *Fertility Foods* helps you to seek better results—just by changing your diet! As you prepare to enter one of the most significant times in your life, you owe it to yourself and your future children to make sure that your body has absolutely everything it needs, at the proper times and in the proper quantities. *Fertility Foods* includes:

- Over 100 nutritious, satisfying dishes to boost your fertility
- Dietary breakdowns to help you understand what will help your body conceive, and why
- Tips on managing stress and other lifestyle factors
- Heartfelt support and guidance from women who have struggled with infertility
- A how-to guide on putting together a healthy kitchen

*Fertility Foods* is more than just a diet plan or cookbook. It’s a companion, a constant support providing you with the information you need to ensure you receive proper nutrition before conception.

A new, edgier take on baking cookies, from a James Beard Award-winning chef and the owner of the popular Chicago restaurant, *HotChocolate*. Mindy Segal is serious about cookies. And *Cookie Love* is your new go-to, never-fail reference for turn-out-perfectly-every-time cookie recipes. Mindy, award-winning pastry chef and self-professed “cookie nerd,” shares all of her secrets for turning classic recipes into more elevated, fun interpretations of everyone’s favorite sweet treat. From Peanut Butter Peanut Brittle Cookies and Fleur de Sel Shortbread with Vanilla Halvah, to Malted Milk Spritz and Peaches and Cream Thumbprints, Segal’s recipes are inspired and far from expected. Inside you’ll find more than sixty perfected recipes for every kind of cookie including drop cookies, bars, sandwich cookies, shortbread, thumbprints, and more, as well as the best tricks and tools of the trade and everything you need to know to build the ideal cookie pantry. A must-have for anyone looking to up their cookie-baking game, *Cookie Love* is a celebration of the most humble, delicious, and wonderful of baked treats. Presents a collection of vegetarian recipes inspired by French cooking, using basic, readily available ingredients and including several options that are dairy- and gluten-free.

From the bestselling “legend” of baking (*New York Times*), Maida Heatter, a modern-classic collection of her all-time best-loved, tried-and-true recipes “Happiness is baking cookies. Happiness is giving them away. And serving them, and eating them, talking about them, reading and writing about them, thinking about them, and sharing them with you.” Maida Heatter is one of the most iconic and fondly remembered cookbook authors of all time. Her recipes, each a modern classic, are must-haves in every home baker’s bag of tricks: her cookies, cakes, muffins, tarts, pies, and sweets of all kinds range from extravagantly special to the comforting and everyday. Her brown-sugary Budapest Coffee Cake, her minty Palm Beach Brownies, her sophisticated East 62nd Street Lemon Cake, and many other desserts have inspired legions of devotees. *Happiness Is Baking* reproduces Maida’s best-loved recipes in a fully illustrated new edition with a foreword by Dorie Greenspan. Developed for foolproof baking by experienced cooks and novices alike, these recipes bear Maida’s trademark warmth, no-nonsense style, and her promise that they will work every time. *Happiness Is Baking* is the perfect gift for anyone who loves baking—or who knows the happiness that comes from a delicious dessert.

“Good to eat” recipes indeed, as well as lots of things which are “good to know”. David wears his knowledge lightly - about the science and nutrition of food - so that the focus can remain on making the food delicious. It’s all there, though, for those who want the ‘why’s as well as the

yums...' Yotam Ottolenghi 'Revitalise your diet and feel well-fed at the same time.' Dan Lepard 'Good to Eat is full of tasty morsels of both knowledge and recipes that you and all your gut microbes will love! A fantastic book.' Tim Spector 100 fresh, healthy pescatarian recipes 'People often think that healthy eating means restricting foods or counting calories. But for me this form of 'healthy eating' was not sustainable. Plus, it was dull. I hated cutting out the food I loved best - bread, cake, pizza, Yorkshire puddings! That realisation changed how I approached food. Food should be healthy, but so should our relationship with food. So instead of depriving myself of my favourite dishes, I found new, easy ways to make them better for me.' - David Atherton GOOD TO EAT is a book that indulges our craving for baked goods, filling foods and sustaining meals but leaves us feeling good. With a few simple tweaks - like using root veg to minimise the use of sugar or trying a plant-based alternative - you can enjoy what you love to eat while nourishing your body. Food is one of the longest relationships of our lives and what we put on the plate should be more important than what we are leaving off it. With 100 exciting new recipes from the 2019 Great British Bake Off winner GOOD TO EAT promises fresh and filling suppers, sweet treats with a healthy spin, hearty salads to pick and mix, soups and more. David will leave you eating and living well.

We all know the importance of avoiding processed foods and their hidden preservatives and added sugar, but it can be hard to replace those staple sauces, condiments, and flavorings that have been mainstays in our kitchens for decades. Now Amber Rose introduces The Wholefood Pantry, your essential guide to restocking your kitchen "toolbox" with simple, wholesome, and tasty recipes for stocks, sauces, spice mixes, butters, flavored oils, and more. Learn how to create your own sriracha or plum ketchup, and discover how to create butter from coconut, tortillas from cauliflower, and ice cream from bananas. With a wealth of marinades and dressings you can customize your meats and create delicious, healthy salads. There is also a Sweets section, filled with sumptuous fruit butters, homemade raw chocolate, and fragrant syrups and cordials. Once you have perfected these essential recipes, Amber shows you how to use them in main dishes, rapidly expanding your repertoire to include Shoulder of Lamb with Rose Harissa and Fennel, and Buckwheat Brownies with Salted Honey Caramel. From Kale Ash Salt Mix to Peach and Ginger No-Cook Jam, let Amber change the way you cook forever. "Amber's recipes unite luxury with nature." --Sadie Frost

Healthier Together is all about nourishing and cooking for your body and your soul--and the best way to accomplish that is with another person. Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage--proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner--near or far--and get ready to get healthy.

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The Love & Lemons Cookbook features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved Love & Lemons blog has attracted buzz from everyone from bestselling author Heidi Swanson to Saveur Magazine, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, The Love & Lemons Cookbook teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound

cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, *The Love & Lemons Cookbook* is a resource that you will use again and again.

“There’s no shortage of vegetarian cookbooks out there, but it’s rare that I find one that inspires me page after page as much as Amy Chaplin’s *Whole Food Cooking Every Day*.”  
—Bon Appétit Eating whole foods can transform a diet, and mastering the art of cooking these foods can be easy with the proper techniques and strategies. In 20 chapters, Chaplin shares ingenious recipes incorporating the foods that are key to a healthy diet: seeds and nuts, fruits and vegetables, whole grains, and other plant-based foods. Chaplin offers her secrets for eating healthy every day: mastering some key recipes and reliable techniques and then varying the ingredients based on the occasion, the season, and what you’re craving. Once the reader learns one of Chaplin’s base recipes, whether for gluten-free muffins, millet porridge, or baked marinated tempeh, the ways to adapt and customize it are endless: change the fruit depending on the season, include nuts or seeds for extra protein, or even change the dressing or flavoring to keep a diet varied. Chaplin encourages readers to seek out local and organic ingredients, stock their pantries with nutrient-rich whole food ingredients, prep ahead of time, and, most important, cook at home.

We get so much more out of life when we feel positive and energised and therefore it is such a shame when the everyday pressures of life build up and we find ourselves doing almost anything simply to get by and end up a long way from the ideal that we still wistfully have in mind. Full of the wisdom and good nourishment that helped Sadie, Holly and Amber through their own personal struggles and setbacks, *Nourish* promises to restore you to the path of complete well-being. With Amber's delicious food to nourish the body, Holly's exercises to strengthen it and Sadie's beauty recipes to soothe the skin and yoga and meditation routines to still the mind, this beautiful book is the perfect antidote to the stresses and strains of modern life, proving that there is always a way to stay nourished and happy.

*Baker's Royale* turns basic desserts upside-down with addictive flavors and gorgeous presentations: the only sweets book you'll need this year! *Baker's Royale* is a dessert cookbook that revisits-and revamps-classic recipes for the modern baker. Naomi Robinson thinks outside the cake mix box in her kitchen and on her site, [BakersRoyale.com](http://BakersRoyale.com), mixing and matching for mash-ups that wow. Her exciting flavor combinations and eye for the easiest show-stoppers struck a chord, and readers clamored for more of her inventive sweets. The book includes 75 classic recipes with a twist: Burnt Caramel Custard Pie French Silk Crunch Cake Cannoli Cakelets Raspberry Almond Opera Cake Apple Pie Marshmallows Shortcuts like premade cookie dough and candy garnishes make these desserts as practical as they are fanciful. Stunning photography throughout showcases Naomi's unique style, which is as delicious as it looks.

Nothing beats the mouthwatering aroma of freshly baked bread wafting through your home. It’s a scent that makes and brings back memories across generations. Bread is a staple of many diets, yet all too often we rely on processed, packaged loaves that are low in nutrients and generic in taste. It doesn’t have to be that way. With more than 100 delicious and inspiring recipes, *I Love My Bread Machine* will show off the surprising versatility of your bread machine. The book begins with an authoritative introduction to lay out the basics of various bread machines and how they work, overview of key ingredients, shaping techniques and finishing touches to ensure perfect results every time. The chapters that follow present a collection of superb recipes for breads of all kinds, including everyday loaves, rolls, knots and twists, quick flatbreads, herb-filled focaccias and festive breads for special occasions. Also included is a selection of gluten-free recipes that don’t compromise on texture and flavour. All recipes are

clear and easy-to-follow, with preparation and baking times highlighted for each. Whether you're a complete novice or an experienced baker, I Love My Bread Machine will give you the skills and inspiration to master your bread machine. You and your family will enjoy fresh, nutritious bread at home any time you want it.

Clean Cakes is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients. It provides a wealth of ideas for cooking everything from spectacular cakes, energy-boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies, with distinctive flavour combinations and original twists on established classics. It will prove invaluable for anyone who for health or lifestyle reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces. Henrietta Inman embraces nutritious whole food ingredients that are unprocessed, unrefined, natural, seasonal and local wherever possible. The first section shows how to stock your Clean Cakes larder, as well as including foundation recipes such as cashew cream, nut butters and homemade jams. Next come over 75 beautifully photographed recipes, from rich chocolate brownies, a show-stopping courgette, basil, lime and pistachio layer cake and raw desserts to five grain omega mix granola bars, spectacular fruit pies and enticing savoury tarts. These recipes are for everyone and show that cooking healthily doesn't have to mean compromising on flavour. Nourish Cakes offers 50 stunning recipes for cakes and bakes, both large and small, focusing on healthy ingredients such as nuts, vegetables and dried fruit. Many of the recipes are allergy- or intolerance-friendly, using wheat-free flours and unrefined sugars, and each recipe is clearly coded to show which dish will suit you. With sections covering Light and Zesty bakes (Lime, coconut and courgette cake; Lavender and spelt sables), Vibrant and Fruity (Peach, olive oil and rosemary friands; Fig and honey tart), Warm and Nutty (Sweet potato brownies), and Dark and Spicy (Chocolate, buckwheat and chestnut roulade; Clementine, oat and cranberry muffins), the emphasis is on including exciting new ingredients, rather than on cutting things out, showing how you can get the same amazing tastes and textures with healthy alternatives. With all the recipes checked by a qualified dietitian, the cakes in the book will lead you to embrace a more positive, balanced and inclusive approach in your baking. There's also an index to direct you to vegan, gluten-free and dairy-free cakes at a glance, and all the ingredients can be easily sourced from supermarkets or healthfood shops. Nourish Cakes presents an alternative way of baking and makes it appealing, celebratory and exquisitely beautiful.

'There are very few cook books that illustrate reliable methods of showcasing and elevating wholegrain flours as well as Henrietta's. Her recipes are inventive, elegant and truly delicious.' Amy Chaplin, author of *At Home in the Whole Food Kitchen*. 'A book brimful of things I want to make. Henrietta is my kind of baker, creating cakes and bakes as nourishing as they are delicious. This how we want to bake now.' Anna Jones, author of *A Modern Way to Eat*. From the author of the bestselling *Clean Cakes*, trained patisserie chef Henrietta Inman, this beautifully-designed bake book presents over 80 baking recipes – sweet and savoury – using natural, wholesome and wholegrain ingredients. Taking in every occasion from breakfast right through to supper and dessert, with plenty of joyous cakes, breads, brownies and biscuits along the way, it is full of unique bakes that are actually good for you. While some of the recipes are gluten-free, refined sugar-free and/or dairy-free, this book focuses on the natural goodness of the ingredients Henrietta chooses and offers a naturally healthier option to most baking books. Fresh produce, seasonal heritage fruit and vegetables will be given the chance to sing rather than being masked by too much sugar. The end results will taste amazing and do you good too!

The Sourdough School: Sweet Baking is an indispensable guide to exploring the techniques and ingredients involved in successful sweet sourdough baking. A companion to the

bestselling *The Sourdough School*, it focuses on sweet recipes that are gut-friendly and rely on natural sweetness where possible. Classic recipes and new ideas for flavor combinations offer bakers an alternative method of baking cakes, tarts, pancakes, doughnuts, pannetones, pretzels - nothing is off limits. If it rises, it can be made with sourdough. Also featured are recipes for compotes and syrups to accompany your bakes. Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome, which in turn improves mental health. New studies are unveiling links between the microorganisms in our gut and our mood and behaviour, and Vanessa is at the forefront of this research.

From the 2019 winner of *The Great British Baking Show* comes a charming and mouthwatering cookbook for aspiring little chefs and culinary novices alike. Gather your frying pan, mixing bowls, and rolling pin--it's time to cook! David Atherton, 2019 winner of *The Great British Baking Show*, walks readers through delicious and delightful recipes such as banana bear pancakes, tasty tacos, and mega-chocolatey cake. From tomato soup (served in a teapot!) to brownies made with sweet potatoes, David Atherton offers a kid-friendly collection of recipes that feels at once timeless and modern. Accompanied by warm illustrations from Rachel Stubbs that capture the joys of cooking together, *My First Cook Book* features sweet and savory recipes for any time of day, a list of needed equipment, a glossary of cooking terms, and some important tips. Don your apron and grab your favorite little sous-chef--this will be a first cookbook to cherish.

*FOOD LOVE* contains over 100 scrumptious vegan recipes that just so happen to be good for you. Tess Challis has mastered the art of making healthy food taste phenomenal and she shares her favorite recipes with you here.

We are all aware of the benefits of eating seasonally and healthily, and yet often this isn't something we consider when baking. Amber Rose shows how to make beautiful creations using healthy, seasonal ingredients.

An illustrated introduction to modern baking techniques presents more than two hundred original recipes that combine high-quality ingredients with new interpretations of traditional baking methods to create breads, muffins, cookies, pies, and cakes.

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

*Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

We are all aware of the benefits of eating seasonally and healthily, and yet often this isn't something we consider when baking. Amber believes that cakes, bakes and puddings shouldn't be made with refined white flour and white sugar. She develops recipes using fruit and honey to give sweetness and ancient flours such as buckwheat, spelt and rye to give depth of flavour. Chapters are Seasonal Cakes; Puddings, including baked fruit, crumbles, pies, sponge and rice puddings; Tarts and Meringues; Small Bakes; Creams, Custards & Compotes; and Herbal Teas. Enjoy baking a Spiced Carrot Cake with a crumbly topping;

make Berry Good Fairy Cakes for the kids, create a Coconut & Passionfruit Tart for a dinner party, or try the healthy Mince Pies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too.

Well known for her artistic cake designs, Bets of Magnolia Kitchen is a force to be reckoned with. From humble beginnings, she now runs a sweet cafe, wholesale distribution business and online shop delivering her retail products worldwide, while maintaining a strong following on Instagram. As well as her amazingly creative custom cakes, Bets is celebrated for her macarons, doughnuts, brioche, gourmet s'mores and many more mouth-watering treats. In her first cookbook she shares her journey and her widely sought-after recipes so that you can enjoy the deliciousness at home. With step-by-step instructions for cake decorating and making macarons, and a full range of allergy-friendly recipes, this is a must-have book for anyone interested in baking and eating.

The path to a healthy body and happy belly is paved with real food--fresh, wholesome, sustainable food--and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With Love Real Food, she offers over 100 approachable and outrageously delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone--vegetarians, vegans, and meat-eaters alike--how to eat well and feel well. With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, Love Real Food wouldn't be complete without plenty of stories starring Taylor's veggie-obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat like this. Take it from her readers: you'll love how you feel.

A Cozy Take on Meals Will Have You Stoking the Home Fires! Author Ashley Rodriguez has focused her career on teaching people the importance of a good meal at home, first with Date Night In, a relationship cookbook that brought the romance back to home-cooked meals at home. For her next book, she's turning the focus outward. Let's Stay In is all about effortless hospitality, meaningful family meals, and an appreciation for the magic of meals shared with others. Families, neighbors, friends, and loved ones will find a different kind of love around the table together, connecting over memorable meals. The recipes walk you through every meal of the day with delicious breakfasts, easy lunches, inviting dinners, and Ashley's signature incredible desserts: Breakfasts of Red Lentil and Chickpea Stew with Poached Eggs, Breakfast BLTs, and Spiced

Raisin Scones Midday meals of Zucchini, Gruyere & Basil Quesadillas, Ricotta, Speck and Plum Salsa Tartine, and Ivy's Split Pea Soup Table-groaning dinners of Steak Tacos with Radish and Pickled Onions, Oven Baked Risotto with Squash and Rosemary Candied Walnuts, and Grilled Leg of Lamb with Green Sauce Sweets and drinks like Blood Orange Poppy Seed Upside Down Cake, Guava Coconut Punch, The Easiest Pear Tart, and Cardamom Cream Soda Ashley is a natural teacher, and the recipes flow off the page as effortlessly as the conversation at a great meal. She practices what she preaches, too, making time to bring her busy family and loved ones together for meals as often as possible. Staying in can become an easy habit to adapt, helping to center each person at an inviting table. It's the easiest kind of aspirational cooking and gathering, helping home cooks of any level to say "let's stay in!"

Love, Bake, Nourish Kyle Books

Cooks across Canada are trying to eat well, incorporate more healthful foods into their menus and accommodate the dietary choices of family members. Canadian Living's new collection of vegetarian recipes caters to this trend with nourishing dishes that work every time - whether you're cooking for vegetarians, flexitarians or vegans, or just want a little something meat-free and delicious. The book is packed with helpful information on different types of vegetarian diets, advice on shopping for and preparing new and interesting ingredients, and tips that ensure success in the kitchen.

Nourish Me Home features 110 recipes in 6 chapters that pay homage to the seasons and the elements of water, fire, air, and ether. The curious, creative, fearless Cortney Burns—formerly of Bar Tartine—is back with a personal cookbook project about nostalgia, immigration, and her own uniquely delicious recipes Cortney Burns's cooking always includes layered flavors and textures, surprising ingredients, and healthful twists, and her recipes range from weeknight turn-tos such as salads, soups, and vegetable-forward mains to the homemade liqueurs and ferments she's famous for.

- Teaches readers how to convert their own experiences and sense of place into kitchen inspiration and development of a personal cooking style
- Recipes cover mains to drinks and desserts to condiments, such as sauces and pickled fruits
- Complete with hand-drawn illustrations and 100 vibrant photographs

As in Bar Tartine, the pantry of preserved foods forms the backbone of this cookbook, adding all the physical and mental health benefits of fermented foods and streamlining cooking. The focus here is on healthy, vegetable-forward recipes, emphasizing techniques for turning proteins into side dishes or seasonings, rather than the main event.

- A groundbreaking project that connects seasonal cooking to raising one's personal vibration
- Perfect for home cooks, those dedicated to mindfulness, fans of Cortney Burns and Bar Tartine, foodies, professional chefs, and restaurateurs

Add it to your collection of books like Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking by Samin Nosrat, Six Seasons by Joshua McFadden, and Dining In by Alison Roman

"Victuals is an exploration of the foodways, people, and places of Appalachia"-- Replenish and rejuvenate your postpartum body with these 75 easy, healing, and protein-rich recipes designed with new moms in mind. After giving birth, most mothers are well-versed in feeding patterns and schedules for their little ones, yet little attention is given to their own nutrition. The Postnatal Cookbook offers 75 simple, easy-to-prepare recipes for truly nourishing the postnatal body—what is ultimately best for both mother and baby! Written by a registered dietitian and lactation consultant, these delicious recipes are specially formulated with the nutritional needs of a new mom's fourth trimester. Inside you'll find: - Quick and easy protein-packed meals like Spinach Egg Bites, Mediterranean Salmon Wraps, and One-Pan Lemon Chicken - Satisfying, nutrient-rich snacks such as No-Bake Bliss Balls and Flax Seed Granola - The nutritional information every postpartum mom needs to eat healthily - And much more! Based on the latest research in nutrition science, this cookbook prioritizes the foundation of whole food, healthy eating for recovering mothers. Nutrients of vital importance to postpartum such as iron, protein, vitamin D, and omega three-rich foods are highlighted in each recipe. From two popular bloggers and leaders in the functional medicine movement, here's the ultimate guide to eating healthfully as a family—a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love. It can be daunting to live a whole foods lifestyle in today's busy world—even more so to prepare plant-rich, allergen-free meals that'll get the whole family around the table. Popular blogger Ali Segersten and functional medicine expert Tom Maltter are a team devoted to teaching their children—and readers—the importance of living a whole foods lifestyle. Nourishing Meals makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. Every recipe in the book is free of the most common allergens: gluten, soy, eggs, and dairy, as well as refined sugar. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will feature more than 30 new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. With an easy, tasty recipe for every day of the year, it's never been simpler to adopt a healthy, whole foods lifestyle! Over 185 original recipes for Biscotti, Scones, Brownies, Pastries, Pies, Cheesecakes, Pizzas, Breads and more from Master Baker and Cookbook author, Marcy Goldman of famed BetterBaking Website. Over 150,000 books sold, in print, now in digital format, this book also includes blue-ribbon, chef's best kept secret tips. FREE BONUS of 4 months of Betterbaking.com Recipe Archive Access with Purchase.

A riveting narrative history of food as seen through 100 recipes, from ancient Egyptian bread to modernist cuisine. We all love to eat, and most people have a favorite ingredient or dish. But how many of us know where our much-loved recipes come from, who invented them, and how they were originally cooked? In A HISTORY OF FOOD IN 100 RECIPES, culinary expert and BBC television personality William Sitwell explores the fascinating history of cuisine from the first cookbook to the first cupcake, from the invention of the sandwich to the rise of food television. A book you can read straight through and also use in the kitchen, A HISTORY OF FOOD IN 100 RECIPES is a perfect gift for any food lover who has ever wondered about the origins of the methods and recipes we now take for granted.

'Kitchen staples and basic recipes are the nuts and bolts of every cook's kitchen. They are

what I like to call the toolbox recipes. They are the flavoursome, nourishing base components and little extras that can finish a dish to make it sing.' Rid your cupboards of readymade, processed 'staples' and change the way you cook with this essential collection of healthy recipes for stocks, sauces, spice mixes, butters, oils, ferments, cultures, chutneys and more. \* Create your own kefir, kimchi and pickles. \* Discover how to make nut milks, creams and cheeses. \* Customise your favourite dishes with a wealth of spice mixes, marinades, dressings and dips. \* Indulge in sumptuous fruit butters and seasonal bakes. \* Enjoy raw chocolate, gut-healing marshmallows and tempting syrups and cordials. Nutritious, delicious and unequivocally joyful, The Wholefood Pantry shows how recipes can be combined to expand your culinary repertoire and make everyday dishes extraordinary.

Many of us are aware of the benefits of eating seasonally and healthily, and yet often this isn't something we consider when baking. Amber believes that cakes and puddings shouldn't be made with refined white flour and white sugar. Her recipes use fruit and honey to give sweetness and ancient flours, such as buckwheat, spelt, and rye, to give depth of flavor. Chapters are Seasonal Cakes; Puddings, including baked fruit, crisps, pies, sponge puddings; Tarts and Meringues; Small Bake Goods; Creams, Custards & Compotes; and Herbal Teas. Enjoy baking a Spiced Carrot Cake with a crumb topping; make Berry Good Cupcakes for the kids, create a Coconut & Passion Fruit Tart for a dinner party, or try the healthy Mince Pies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing, too.

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