



Good + Simple (Hardback)

By Jasmine Hemsley, Melissa Hemsley

Ebury Publishing, United Kingdom, 2016. Hardback. Book Condition: New. 251 x 197 mm. Language: English . Brand New Book. The bestselling second cookbook from Hemsley + Hemsley, including recipes from Jasmine and Melissa's Channel 4 series Eating Well with Hemsley + Hemsley. Good + Simple celebrates the pleasure of delicious food that is simple to make, a joy to share and just so happens to be good for you. Jasmine and Melissa Hemsley's principles of healthy home cooking built around gut health, whole foods and affordable ingredients show how tasty and achievable eating well can be. The sisters have created 140 nutritious and exciting new recipes - reworked classics, prepare ahead dishes, fast suppers with leftovers for packed lunches, energising breakfasts and snacks, satisfying breads, desserts and bakes. Infused with Jasmine and Melissa's love of cooking and eating, Good + Simple includes plenty of practical tips and down-to-earth advice to help you gain confidence in the kitchen, plan for the coming week and cook for you and your family with ease. Enjoy real food. Look and feel amazing every day.



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