

# donna hay

**FRESH** *and* **LIGHT**

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180+ new recipes and flavour-packed ideas to find the perfect balance



Donna Hay

## Fresh and Light



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FRESH AND LIGHT is full of new recipes that combine the freshest ingredients, pantry staples and personal tips for a lighter touch. I don't even like the thought of anyone getting on a diet! FRESH AND LIGHT lets you enjoy them and is definitely for all those times when you're seeking something a bit more virtuous. And that's actually the best sort of indulgence of all - the one with stability. FRESH AND LIGHT is usually my answer to my own best initiatives to juggle for an ideal balance. For me, it certainly is been about stability. FRESH AND LIGHT is mindful of extra fat and carbohydrates, but is targeted on flavour and range - without the guilt. Divided by food, FRESH AND LIGHT is normally a solution-packed book of recipes packed with power foods to provide you with the balance you will need across your week. there are light breakfasts, tasty lunch box suggestions and fast dinner answers to give you ideas for each and every time of the day. We all have got our guilty pleasures in lifestyle. Made to complement my existing repertoire, it's full of new quality recipes that combine the freshest ingredients, pantry staples and my own tips for a lighter contact. I've by no means been a enthusiast of diets and this book is zero exception.



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And another Donna Hay cookbook delights . Neglect Jaimie Oliver with his self advertising, Nigella Lawson and her smug lectures and obsession with excess fat - Donna Hay may be the star, no doubt about it. You won't regret buying this reserve. I really like Donna Hay's cookbooks - I love that there is a picture for each dish (I feast with my eye). Her classic white plating constantly accentuates the food. I've got a large number of make books because I enjoy cook but when it comes down to it, the books I actually almost always end up cooking food from are Donna Hay's. Yes, she does do it again herself, and yes she probably has too many books, but she's dependable, easy to check out, there are no countless ingredients and special techniques, and the meals always works out looking like it will in the photographs. Expected Better Recipes Expected to find in least a single recipe. Her books are wonderful regardless of what level your cooking food skills are. Gorgeous, yummy Beautiful photos as always and really terrific, quick, clean recipes with bright flavors. I am a fan of Donna Hay and have the majority of her books, not one is certainly a dud. I've taught cooking for several years and appreciate the professionally written and tested recipes. Great shower gift, no-one has been disappointed Five Stars A lot of fun recipes. Five Stars love Donnay Hay! Nice cookbook if looking for some new lighter recipes Good cookbook with lots of useable recipes. Great shower gift I have given this as a gift to many people, it really is so inspirational. I eat vegan and there's a whole lot that works and a lot that's very easy to adapt. These perform, just about all the time. Five Stars My girl wanted this cookbook to add to her collection and truly loves it! And tasting great. Her quality recipes are actually easy and tasty and each photograph is gorgeous..! Donna Hay is a star. Everything I have ever made from some of her cookbooks is normally wonderful. I also really appreciate that in several of her books she offers you alternatives to help make the same dish with different ingredients - that keeps the whole idea fresh for me. A big fan of Donna Hay I personal multiple books from her and subscribe to her magazine and this is a great one. She's dependable, and that's what a home cook wants. A food writer that's not going to enable you to down with a recipe it doesn't work. If you want her design and her food aesthetic, you'll like this.. Her instructions are obvious and there should never be so many substances in a dish concerning overwhelm any cook. May be fine of other folks.



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