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The Extra Virgin Kitchen - The No.1 Bestseller: Everyday Healthy Recipes Free From Wheat, Dairy And Refined Sugar



Synopsis

The No.1 bestselling cookbook from sassy food revolutionary Susan Jane White, full of seriously tasty recipes for high energy and glowing health, all free from wheat, dairy and refined sugar. When Irish food writer Susan Jane White was advised to stay away from wheat, dairy and refined sugar during a debilitating illness, her food future seemed bleak, bland and boring. So, drawing on her gastronomic background, she created seriously tasty recipes that didn't compromise her health. The result? Susan Jane's energy levels went through the roof and her friends and family began to look for her "free-from" recipes whether or not they had intolerances. Packed with Susan Jane's delicious wheat-free, dairy-free and refined sugar-free recipes and full of invaluable advice for anyone starting out on their own health journey, The Extra Virgin Kitchen is your ideal kitchen companion. Funny, informative and full of personality, The Extra Virgin Kitchen will change how you cook, eat and view food forever. Get ready to embrace healthy eating and nutritious cooking "with no sacrifice to fun or flavour!" If anyone ever needed proof that super-healthy food makes a huge difference to your energy levels, immune system and general vitality, then one look at the ever-effervescent Susan Jane White would tell you everything you need to know.

Bestselling chef Rachel Allen "Do you and your body a favour" read this book. Susan Jane White knows what's good for you and it doesn't hurt that she writes like a dream. *The Irish Times* "Hilariously written and filled with do-able and exciting new recipes." Food writer and TV personality Donal Skehan Also by Susan Jane White: *The Virtuous Tart* "Sinful but Sainly Recipes for Sweets, Treats and Snacks" You can watch Susan Jane in action on Jamie Oliver's Drinks Tube YouTube channel.

Book Information

File Size: 9704 KB

Print Length: 256 pages

Publisher: Gill & Macmillan (February 7, 2014)

Publication Date: April 11, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00JMEUK3C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #522,369 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

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Customer Reviews

For anyone seeking guidance on healthier food choices this cookbook is a must buy. As a Coeliac it provided me with so many more options to include in my diet - but you mostly certainly do not have to be have a gluten intolerance to be inspired by the variety of recipes provided in this book. A real bonus is the encyclopedic knowledge that Susan Jane shares with the reader on fueling the body for energy and most importantly why. However, what really marks this publication out as special is the manner in which the information is delivered, the tone is energetic and amusing while never losing sight of the fact that many readers may be exploring the act of food preparation for the first time, An altogether enjoyable, inspiring and empowering read.

5 stars and i have only tried 1 recipe! Yes I know, but it is well written and is packed with recipes. Susan Jane makes everything so simple and interesting. Great to read and inspires us to embrace all these healthy delicious recipes. Was also pleasantly surprised to find a section of meat dishes - extra bonus. It is well written. I have kindle version but reckon I will also invest in a hardcopy in the future. Cant wait to stock cupboards with many of the ingredients and indulge the family in some of these uber healthy dishes that author has made enticing and packed with flavour. Watch some of her youtube clips if you still unsure to buy book.

Love this book. Inspired to be healthier because of it - loads of information about ingredients that used to be a mystery to me. I don't have intolerances but am always looking to reduce inflammatory food like sugar, wheat etc so this book is perfect. Susan Jane has a really fun style of writing too, she is enthusiastic and not at all preachy. GORGEOUS recipes for desserts too, and everyone loves the granola.

This cookbook has a lot of interesting recipes. A keeper if you at least in part would like to head more towards a whole foods diet. You feel good after making the recipes in the book knowing that

they are healthy. Make sure you try the sesame fudge in the back! So good as a treat and it doesn't make you want to eat the whole pan like if you made brownies. Is that just me who does that?

witty, talented and well educated lady who has taken all the work out of eating wheat & dairy free in an easy and tasty, fun way. I bought the kindle version so that no matter where I am I have my bible with me. Thank you Susan Jane White, you are amazing :-)

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