

## Love Bake Nourish

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.

Indisiable Paleo baked Goods for Every Craving Paleo bakers rejoice! Michelle Rosen, founder of the cooking blog Paleo Running Momma, has created 60 spot-on Paleo versions of all the cakes, cookies, brownies, muffins, pies and breads you love. With these genius gluten- and processed sugar-free recipes, you can indulge in all of your go-to treats without the guilt—whether you're Paleo or simply trying to eat cleaner meals. This collection of tested and perfected recipes includes showstopping treats for birthdays and events, as well as simple sweets for every day. And with every recipe using natural ingredients and whole foods, not only is everything healthier, but it's tastier too! Indulge in outrageous sweets, like Pumpkin Spice Cupcakes with Maple Cinnamon Frosting, Double Chocolate Cherry Cookies, Apple Cinnamon Bread with Walnut Streusel, Salted Caramel Cookie Crumble Bars, Blueberry Scones and so much more. Michele also includes savory treats, like Classic Chewy Homemade Bagels and Authentic Soft Pretzels. Rediscover all your favorites, with this brilliant book of healthy, yummy and foolproof Paleo baking recipes!

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 inour kitchens for decades. Now Amber Rose introduces The Wholefood Pantry, your essential guide to restockinging 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

Winter is a time to nourish, when our instincts lead us to make generous casseroles and hearty roasts, wholesome soups and aromatic breads, comforting puddings and golden, deep-fried pies. It's also time for an array of festive occasions celebrated with chilly nights around bonfires, ghoulish parties and Christmas gatherings. In Winter Kitchen, the Bake Off team shares over 130 inspirational recipes to keep you warm on frosty days and dark evenings. Bake impressive breads and mouth-watering cakes and serve them with homemade chutneys, marmalade and jams. Try our recipes for show-stopping Sunday roasts and slow-cooked steaks as well as quick, clever weekday meals. From risottos to winter salads, that are perfect for sharing with family and friends.

A Passion for Baking

What You Should and Shouldn't Cook from Scratch--Over 120 Recipes for the Best Homemade Foods

Magnolia Kitchen Design

Recipes to Calm, Nourish & Heal

A new way to bake using the best natural ingredients

Let's Stay In

Cannelle et Vanille

From the James Beard-recognized creator of the Bon Appétit-lauded food blog comes 100 recipes that show us how to bring more joy, mindfulness, and connection to the kitchen through family-friendly meals The recipes in this critically acclaimed cookbook are organized around the day: start off with Spicy Carrot, Grapefruit, and Sunflower juice Soft-cooked Eggs with Dukkah and Bitter Greens, and move on to Tomato, Caviar, and Bread Salad at lunch. There is a chapter of everyday dinners you can prepare on a weeknight, such as a simple spaghetti and meatballs supper or Braised Chicken with Apples and Cider. You'll also find a chapter of menus to inspire you when you want to gather together a larger group of friends and family which Aran heartily encourages! She is especially keen for the baker, gluten-free baking, and the book includes recipes for her sourdough bread, caramelized onion and fennel biscuits, and apple tartar tatin (with flour substitutions are included for those who aren't gluten-free). Filled with Aran's gorgeous photographs, you will also find suggestions sprinkled throughout the book for creating a welcoming space with lighting, linens, flowers, and flatware, along with gentle encouragement to spend time in the kitchen nourishing yourself as well as those you love. " A beautiful expression of how Aran feeds her family and friends simple foods like buttermilk-brined chicken and roasted carrot and cashew soup. This is a book for all cooks." — Amanda Hesser and Merrill Stubbs, founders of Food52 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.

Created by the expert hosts of the popular Well-Fed Women Podcast, a step-by-step food and fitness plan for women, that teaches them how to improve their health by changing the quality—not the quantity—of the food they eat. To eat your way to better health, you don ’ t need to limit your calorie intake, or cut out carbs or fat. You don ’ t need to count "points." Better health doesn ’ t come from limits. It comes from focusing on the quality of food that you eat — not the quantity. Instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women Podcast want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In Coconuts and Kettlebells, you ’ ll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you ’ re eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine if you need to cut back on—and which you don ’ t— to feel better. To help you discover how your body responds to the Big Four, you ’ ll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs).

Each meal plan comes with a weekly shopping list, a detailed guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you ’ ll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latte Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheesecakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—from at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and Kettlebells is illustrated with color photos throughout.

Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients, such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel's recipes focus on creative, flavor-forward takes on favorite, comfort food dishes—think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam, and Epic Quinoa Burrito Bowls.

Though Rachel personally doesn't prescribe to a single diet or label, many recipes are Paleo-friendly, dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-friendly spreads, shareable snacks, and, of course, sweets—lots of 'em because as Rachel says, "You can have your gluten-free cake and eat it too!" Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives, Just the Good Stuff includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice. Advance praise for Just the Good Stuff "In Just the Good Stuff, Rachel creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating."--Frank Delicious pâtisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar

The gripping page-turner from the bestselling author of ANATOMY OF A SCANDAL, soon to be a major Netflix series

125 Soul-Sustaining, Elemental Recipes

The Art of Baking Blind

Naturally Nourished Cookbook

Nourish In 5: Healthy Desserts that are 5 Ingredients, Easy & Delicious

Traditional Meals for the Frugal Family

**Delicious recipes that are free from refined sugars and pure, and offer gluten-free and paleo alternatives to suit everyone's taste! HEALTHY BAKING - Cakes, Cookies + Raw is the ultimate must have healthy, wholefood baking book of our time. It's all about going back to basics, keeping things simple and using quality ingredients that are good for health and wellbeing. The recipes are made from pure, honest wholefoods and focus on SUGAR FREE, GLUTEN FREE, VEGAN, PALEO and WHOLEFOOD creations. It contains 488 pages of all new and exclusive recipes, and chapters on Teresa's baking secrets that include: Gluten Free Breads Scrumptious Cookies Wholesome Cakes Raw Dishes Naked Chocolate Treats Gluten Free Scones Healthy Baking Tips and more! Healthy Baking extra features: + Dairy and non-dairy suggestions + Comprehensive kitchen tools list and ingredients glossary + Exclusive, new recipes + The Baking Essentials + Creams, Jams + Vegan Butter + Teresa's favourite recipe for Raw Golden Turmeric Custard + Beautiful quality production and photography for each recipe Healthy Baking is the perfect companion to Purely Delicious, and a classic gem to add to your Healthy Chef collection.**

**From the author of NETFLIX SENSATION ANATOMY OF A SCANDAL There are many reasons to bake; to feed; to impress; and, sometimes, it has to be said, to perfect. In 1966, Kathleen Eaden published The Art of Baking, her guide to nurturing a family by creating the most exquisite pastries. Now, five amateur bakers are competing to become the New Mrs Eaden. There's Jenny, facing an empty nest; Claire, who has sacrificed her dreams; Mike, trying to parent after his wife's death; Vicki, who has dropped everything to be with her baby boy; and perfect Karen, who knows what it's like to have nothing and is determined her façade shouldn't slip. As unlikely alliances are forged, 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. 'Delicious . . . Friendship, rivalry and exposed secrets, all gorgeously told' - Elle 'Clever and compelling. I loved this' Nina Stibbe**

**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 Courtney Burns—formerly of Bar Tartine—is back with a personal cookbook project about nostalgia, immigration, and her own uniquely delicious recipes Courtney 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 saucets 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, chefs, and foodies alike • Includes fans of Courtney 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**

**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 flour 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 diettitian, 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 exclusively beautiful.**

**Healthy, Delicious Meals Made With Everyday Ingredients**

**Love Bake Nourish**

**Nourish: Mind, Body and Soul**

**Bake to celebrate, Bake to nourish, Bake for fun**

**Recipes and Meditations for a Life that Lights You Up**

**More than 120 Recipes to Nourish the People You Love**

**The Wholefood Pantry**

**The Nourish in 5 Cookbook is made with love by Amy Lee from the popular health, fitness and wellness blog AMY LEE ACTIVE. With over 100+ healthy dessert recipes with only 5 ingredients (or less!), there's guaranteed to be a delicious recipe to suit all your dietary needs, with methods that are triple-tested for zero-waste cooking success.**

**'I love working with Naomi. She is a force of nature and her brilliant books have the power to change lives.' Hugh Fearnley-Whittingstall Bestselling author of River Cottage Gluten Free, Naomi Devlin's second book, Food for a Happy Gut, is full of recipes that will calm your digestion, soothe your gut and delight your tastebuds. Giulia Enders' Gut, Michael Mosley's The Clever Guts Diet and the work of Tim Spector among others has helped us realise how vital gut health is to our body, brain and mental health. But a gut-friendly diet need not mean the elimination of favourite foods or hard-to-follow diets. Nutritionist and River Cottage teacher, Naomi Devlin will show you how to keep your gut happy. Move over clean food, this book will take you back to local produce, good home cooking and a wonderfully diverse range of ingredients. Naomi will help you turn your gut into a hub of microbial diversity with lots of plant food, a wide range of meats and fats, plenty of raw cheese, slow-cooking, fermented foods and of course prebiotic and probiotic foods. First calm your gut. If your gut is sensitive, the first section is full of low FODMAP ingredients, seafood, broths and probiotics to soothe your digestion. Then nourish your gut with beneficial foods full of fibre, pre- and probiotics. And finally there are herbs, pickles and teas full of healing properties to stimulate and regulate digestion when you need a little extra help. Neither strict plan or dogma, Naomi's recipes are based on plain good sense and proper science. Food for a Happy Gut is full of delicious, healthy recipes and advice and will feed both your tastebuds and your microbes, leaving you content both inside and out. Chapter breakdown: CALM: Breakfasts Soups Salads & Vegetables Meals Treats NOURISH: Breakfasts Soups Salads & Vegetables Meals Treats HEAL: Pickled & Preserved Sprinkled Dressed Drinks & Tonics**

**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.**

**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.**

**Cakes, Bakes & Desserts Full of Fruit & Flavour**

**The Sourdough School**

**Cakes, Cookies + Raw**

**Healthy Baking**

**Nourishing Recipes for Athletes: A Cookbook**

**'I love baking that spread joy.' Giovanna Fletcher 'The perfect combination of delicious recipes and mindful food. A must-read and a must-eat!' - Frankie Bridge 'A magical reminder of how wonderful food can be.' - Tom Kerridge Feel-good food for grey and busy days The kitchen has always been my happy place - it's the only place I feel completely at ease. Cooking has got me through some proper tough times! It also helps me slow down, take a breath and take stock. These recipes are all dishes that make me smile - they give me joy and I want to share that joy with you. From my go-to Chicken Nuggets and Brown Butter Macaroni Cheese to my Cinnamon Pastry Twists, you'll find all my everyday favs here. I've included quick meals for those days when you just can't think about what to cook, and my 'therapy' recipes that are good for distracting a worried mind - at least for a while. Take care of yourself. Love, Candice x 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 Saverre 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 farmer's 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.**

**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 cupcake 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.**

**Fuel up Like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness champions to inspire your fast friends, Run Fast, Eat Slow, has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.**

**Nourish**

**The Fit Woman's Cookbook**

**Canadian Living: The Vegetarian Collection**

**The Love and Lemons Cookbook**

**Delicious, Nourishing Recipes for Less**

**Nourishing, Gluten-Free Recipes for Every Meal and Mood**

**Healthy, vegetarian herb recipe from India**

**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 lively, frugal-chic answer to the question "Make or Buy" about 120 different food staples"...**

**'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, key-limeing marshmallows and tempting syrups and cordials. Nutritious, delicious and unequivocally joyful, The Wholefood Pantry shows how you can be both healthy and happy in the kitchen and make every meal an extraordinary one.'**

**There are very few cook books that illustrate reliable methods of discovering 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 brimming of things I want to make. Henrietta is my kind of baker, creating cakes and bakes as nourishing as they are delicious. This is how we want to bake now.' Anna Jones, author of A Modern Way to Eat. From the author of the bestselling Clean Cakes, trained pâtissière 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! Saffron Soul**

**Bake to Celebrate, Bake to Nourish, Bake for Love**

**Great British Bake Off: Winter Kitchen**

**Clean Cakes**

**Nourish Cakes**

**Paleo Baking at Home**

**Love, Bake, Nourish**

Simplify whole foods cooking for weeknights—with 100 inspired vegetarian recipes made with supermarket ingredients. Sarah Britton streamlines vegetarian cooking by bringing her signature bright photography and fantastic flavors to an accessible cookbook fit for any budget, any day of the week. Her mains, sides, soups, salads, and snacks all call for easy cooking techniques and ingredients found in any grocery store. With callouts to vegan and gluten-free options and ideas for substitutions, this beautiful cookbook shows readers how to cook smart, not hard.

An edgy yet accessible "bad bitch" guide to life, love, and success from Amber Rose, renowned model, entrepreneur, and pop culture personality. Bad Bitch (n.): A self-respecting, strong female who has everything together. This consists of food, mind, finances, and attitude; a woman who gets her way by any means necessary. Amber Rose didn't let her early years in the tough neighborhood of South Philly keep her from achieving her star-studded success. From the sets of music videos, to high fashion runways and magazines, to life at home with her beautiful son, Amber doesn't hesitate to command her personal stage with confidence, edge, attitude, and her own form of grace. For the first time, this renowned model, actress, socialite, pop culture maven, and self-proclaimed "bad bitch" is sharing her secrets on how to lead a powerful life in this edgy yet accessible guide to life, love, and success. With unparalleled candor, "Muva" pulls back the curtain on her rollercoaster of a journey from a young trailblazer to a worldwide phenomenon—and it's this evolution that has influenced her intoxicating, authoritative outlook on life and love. Filled with expert advice and personal anecdotes, How to Be a Bad Bitch covers finances, career, love, beauty, and fashion while emphasizing confidence, positive self-acceptance, and authenticity. Above all, Amber delivers a message to all women in this fiercely fearless guide: work hard, love yourself, embrace your femininity and sexuality, and most importantly, chase the best vision of you possible.

Make Peace with Your Plate This is not your traditional cookbook. You will not have to do a cleanse, eat kale every day, or eliminate an entire food group. Instead, you will learn the step-by-step process for eating with intention and put a stop to the never ending cycle of fad diets, constant exhaustion, and general unhappiness with your body and yourself. Meditation and wellness teacher Cassandra Bodzak struggled for years with unhealthy dieting, stomach pains, and food allergies. It was only when she began to listen to her body and eat with intention that she transformed her life. In this book, she shares her wisdom to help you discover: -How to uncover the foods that are hurting you -How to nourish your body from a place of self-love -How to incorporate a daily gratitude or meditation practice into your life -How to prepare nearly 75 plant-based recipes, each accompanied by a mantra and meditation for eating with purpose and fueling your body So if you want to learn how to quiet your mind, start listening to your own body, and love your whole self, then you are ready for this blueprint to a life that lights you up from the inside out. You are ready to live your best life with a clear head, open heart, and endless energy.

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.

Easy uplifting meals and comforting treats

How to Be a Bad Bitch

Happy Cooking

Just the Good Stuff

Creative Meat-Free Dishes That Nourish and Inspire

Coconuts and Kettlebells

The Natural Baker

**Low-Budget Should Never Mean Low-Quality In this practical cookbook, Shannon Stonger, author of Traditionally Fermented Foods and co-author of The Doable Off-Grid Homestead, invites you into her bustling homestead kitchen. She shares how she feeds her family of eight with delicious, nutritious meals for less. Based on the wisdom of traditional food diets, these recipes are focused on unprocessed ingredients, pastured animal products and frugal foods that people have thrived on for generations. The resulting meals are gluten-free, almost entirely dairy-free, picky eater–certified and, most importantly, deeply nourishing. Find tips and tricks for cutting down on costs while prioritizing nutrient density per dollar. Follow easy directions for sprouting or soaking grains and legumes to unlock their full nutritional value, then use them in yummy meals like A Better Kefir-Chia Soaked Granola or Soaked Gluten- Free Artisan Bread. Learn to tactfully utilize more expensive produce, with foolproof recipes like higher-protein, lower-cost Stretched-Out Guacamole. With recipes like Homemade Coconut Milk and Cultured Oatgurt, you can make your own pantry staples, saving you money. There are also tons of incredible dishes that maximize wholesome animal products, mouthwatering flavors and cost-effectiveness, such as Mediterranean Hide-the-Heart Meatballs, Stretch-the-Meat and Bean Loaf and Real Food Copycat Tomato Soup. Give your family the gift of nutritious meals made from real foods—without breaking the bank.**

**Indian food is an internationally popular cuisine, yet, unfairly, it is often considered to be heavy, rich and indulgent. With more people than ever before turning to healthy home cooking there has never been a better time for a fresh and lighter take on Indian food - one that Mira is creating with her vibrant and healthy cooking style. Inspired by her mother and grandmother's cooking, Mira Manek's style of food is a modern interpretation of the Indian classics, creating utterly delicious and naturally healthy dishes. Whether you want to cook a Summer Saffron Chia Pot, an Indian Summer Salad, a Thai, a Masala and Nut Milk or a Mango Yoghurt Cheesecake, Saffron Soul combines the best of the core elements of Indian cooking with original health-promoting twists. As well as offering the best and most naturally healthy Gujarati recipes, Mira also recreates some perennial favourites, replacing traditionally used grains and sugar with more nutritious ingredients such as millet, chia and jaggery, and cutting down on oils and fats, to make her dishes even healthier. Whether cooking a filling spicy curry, a soulful brunch, a nutritious light meal or a luscious dessert, Mira's dishes vibrantly burst with colour and a richness of flavour and spice, each fit for a feast.**

**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 Icy's Spelt Pea Soup Table-Topping dinners of Steak Taos 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!"**

**Amber Rose believes a well nourished life is one filled with wholesome, delicious food that is thoughtfully prepared and eaten with delight. In Wild Deliciousse she returns to her roots, preparing simple, nutritious recipes with ingredients gathered from the gardens, orchards, farms and ocean of her homeland, New Zealand. After several years living in the UK, Amber reveals in rediscovering the natural foods that she grew up with and combining them with flavours gathered on her travels. Her fuss-free yet impactful recipes are more of heritage ingredients and seasonal variations to create dishes that are truly irresistible. Amber Rose is also the author of Love Bake Nourishand The Wholefood Pantry.**

**A History of Food in 100 Recipes**

**Run Fast, Eat Slow.**

**Healthier Together**

**A Personalized 4-Week Food and Fitness Plan for Long-Term Health, Happiness, and Freedom**

**100+ Recipes to Nourish Your Body While Trying to Conceive**

**Get in the Kitchen with Your Partner, Friends, Or Coworkers--Look and Feel Amazing**

**Baking with a Healthy Twist**

**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.**

**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.**

**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.**

**'Master the art of sourdough with Vanessa and you will learn how to look after your own gut microbes and health.' - Tim Spector, author of The Diet Myth At her renowned Sourdough School, Vanessa has taught countless students the secrets of this healthy, more easily digestible bread, and now she has compiled her teachings for the home baker. From creating your own starter from scratch, you'll then move on to basic breadmaking techniques, before progressing to using sprouted grains and experimenting with flavours to produce Fig and Earl Grey and Cherry Plum loaves. With step-by-step photography, detailed instructions, specialist advice and Vanessa's indispensable encouragement,**

**The Sourdough School celebrates the timeless craft of artisan baking.**

**Nourishing the gut & the mind**

**100+ Guilt-Free Recipes to Satisfy All of Your Cravings**

Lorna Jane Clarkson, founder of Australia's leading activewear label Lorna Jane, launches NOURISH: The Fit Woman's Cookbook. Clarkson's first ever cookbook follows the success of More of The Fit Woman's Secrets [2013] and Move Nourish Believe [2011]. In keeping with Clarkson's commitment to her Active Living three-pillared philosophy, MOVE NOURISH BELIEVE, the cookbook is to help inspire women to improve their lives by focusing on nourishment rather than dieting. Lorna Jane Clarkson: "I want women to make the healthy choice as I know it will improve their lives just as it continues to improve mine every single day. The connection between the foods we eat and the way we feel is incredible." "Women are the drivers of their own lives and shouldn't let fad diets rule who they are. I'd like women to stop dieting right now and instead focus on feeding their bodies with healthy food, so they can think, feel and be at their best every single day of their lives." NOURISH: The Fit Woman's Cookbook will contain 94 of Lorna's favourite recipes including breakfast, lunch, dinner, desserts, snacks, smoothies and elixirs with accompanying imagery. The cookbook also incorporates meal planners and Clarkson's tips for establishing healthy eating habits, improving digestion, hydration and alkalinity, personal nutritional philosophies and life rituals.

'It is impossible to read this book without wanting to scuttle off into the kitchen.' Nigella Lawson The benefits of sourdough are well known - the slow fermentation process creates a healthier and lighter dough that is easier to digest - but until now they have been mainly linked to bread. If it rises, however, it can be made with sourdough, and in this ground-breaking new book, Vanessa Kimbell focuses on sweet sourdough bakes that not only nourish the gut but also improve your mood. Using a variety of flours, including chestnut, spelt and einkorn, as well as blends you can make up yourself, the classic recipes and new ideas for flavour combinations cover everything from cakes, tarts and biscuits, to doughnuts, brioche and pretzels, and rely on natural sweetness wherever possible. Recipes include Morello Cherry Shortbread, Chocolate, Tangerine & Pistachio Cakes, Carrot & Walnut Cake, Doughnuts and Mille-feuille as well as vinegars, compotes, cultured creams, butters and ghee. There is even Chocolate, Almond & Hazelnut Spread and Sourdough Vanilla Ice Cream. Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome. From understanding the benefits of having diversity in your diet to the amazing work of enzymes, this book is about understanding the connection between our food, gut microbiome and the potential impact on our 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. 'Britain's queen of sourdough.' - Telegraph 'Vanessa Kimbell wants to change the bread we eat, one loaf at a time. She's the real deal: a total inspiration.' - Diana Henry 'Just five years ago if someone said to you that they were writing a book about sourdough bread and mental health you would have thought they needed psychiatric help. Today nobody is laughing as the latest science tells us that microbes are the key link between food and the health of our mind and bodies.' - Tim Spector, author of The Diet Myth

After the huge worldwide success of her first book, Magnolia Kitchen, Bets Gee brings us the spectacular Magnolia Kitchen Design focusing on the design elements of her incredible cakes.

Love, Bake, Nourish Kyle Books

Food for a Happy Gut

The Sourdough School: Sweet Baking

Fertility Foods

The Ultimate Resource for Delicious Grain-Free Cookies, Cakes, Bars, Breads and More

Make the Bread, Buy the Butter