



Real Food, Real Good: Eat Well With Over 100 of My Simple, Wholesome Recipes

Michael Smith

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Chef Michael Smith keeps cooking real with over 100 simple recipes packed with healthy, wholesome ingredients!

Real food is easy to make, delicious and good for you. Michael Smith, a passionate advocate for healthy homemade meals enjoyed around the kitchen table, knows what it takes to keep cooking simple and chock-full of natural, wholesome ingredients. In *Real Food, Real Good*, Michael shares more than 100 brand-new recipes with ingredients that are great choices for a healthy lifestyle.

Real Food, Real Good is a fantastic way to approach everyday cooking—simple, good-for-you food. Full of fresh flavours and whole foods, you'll feel great starting your morning with dishes like wholesome Coconut Waffles with Lime Mango Yogurt, Veggie Skillet and Ancient Grain Granola Parfaits with Maple Blueberries and Yogurt. Inside you'll also find plenty of soups, salads and main dishes like Coconut Curry Sweet Potato Soup, Roast Chicken and Kale Hand Pies, Root Vegetable Beef Stew, Zucchini Chia Lasagna and Beefy Lentil Meatloaf. And, best of all, there's always room for the occasional treat when eating real food, whether it's Whole Wheat Honey Cookies or Mocha Squares with Dark Chocolate Ganache. *Real Food, Real Good* includes Michael's quick and easy strategies, tips and common homemade staples to help you keep your cooking delicious and full of real food every day!

From the Trade Paperback edition.

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Shawn Martinez:

Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Real Food, Real Good: Eat Well With Over 100 of My Simple, Wholesome Recipes, you may enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

David Peacock:

This Real Food, Real Good: Eat Well With Over 100 of My Simple, Wholesome Recipes is great reserve for you because the content and that is full of information for you who all always deal with world and still have to make decision every minute. This kind of book reveal it information accurately using great plan word or we can claim no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but challenging core information with splendid delivering sentences. Having Real Food, Real Good: Eat Well With Over 100 of My Simple, Wholesome Recipes in your hand like getting the world in your arm, data in it is not ridiculous one particular. We can say that no book that offer you world inside ten or fifteen moment right but this publication already do that. So , this is certainly good reading book. Hey Mr. and Mrs. occupied do you still doubt which?

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