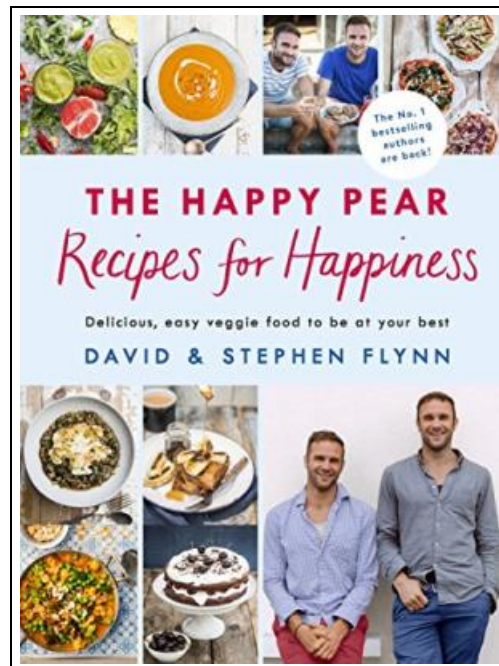


The Happy Pear: Recipes for Happiness (Hardback)



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Reviews

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

(Dr. Willis Walter)

THE HAPPY PEAR: RECIPES FOR HAPPINESS (HARDBACK)



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Penguin Books Ltd, Ireland, 2018. Hardback. Condition: New. Language: English . Brand New Book. The No 1 bestsellers new book - packed with quick and easy veggie options, clever meat-free versions of popular favourites and inspiring advice on how to be healthier! These lovely boys always create incredibly tasty food Jamie Oliver Though they have written two No 1 bestselling vegetarian cookbooks, David and Stephen Flynn, the twins behind the Happy Pear cafes and food business, know it can be challenging to juggle everything and still feel inspired! And being busy dads themselves they also know the pressure of getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover: it is crammed with recipes to make you happier - including a huge section of economical easy dinners that can be rustled up in 15 minutes (chickpea tikka masala, thai golden curry, one-pot creamy mushroom pasta); gorgeous hearty dishes (goulash, Greek summer stew, an ingenious one-pot lasagne that's cooked the hob); a selection of plant-based alternatives to family favourites (burgers, hotdogs, nuggets, kebabs), and irresistible treats (summer fruit bakewell tart, double choc brownie cake). For nearly 15 years David and Stephen's mantra has been Eat More Veg! They have seen fads come and go and they know that what works - for themselves, their families and the thousands of people who eat the Happy Pear way. Cook from Recipes for Happiness and you too will definitely be well on the way to making your life healthier and happier! The poster boys for a healthy way of life! Sunday Times A healthy eating phenomenon Mail on Sunday These twins are on a roll Time Out [They] couldn't look healthier or happier . poster boys...



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