



The Happy Cookbook: 130 Wholefood Recipes for Health, Wellness, and a Little Extra Sparkle

Lola Berry

Download now

Read Online ➔

The Happy Cookbook: 130 Wholefood Recipes for Health, Wellness, and a Little Extra Sparkle

Lola Berry

The Happy Cookbook: 130 Wholefood Recipes for Health, Wellness, and a Little Extra Sparkle Lola Berry

While eating well is crucial for your well-being, it's just one piece of the puzzle. In addition to sharing her energy-boosting recipes, Australia's favorite nutritionist Lola Berry is here to help you discover other key pillars of happiness and wellness, including exercise, mindfulness, sleep and mental health, while offering professional advice and tales from personal experience. Based on nutritious whole foods, these recipes are gluten-free with minimal dairy and no refined sugar.

Some of the deliciously healthy recipes inside include raw, paleo, and vegetarian options like Zucchini Fritters with Cashew, Mint and Lime Aioli; Poached Chicken Salad with Maple-Roasted Pumpkin, Feta and Pepitas; Raw White Chocolate and Blueberry Cheesecake; and Orange and Poppy-seed Paleo Muffins, accompanied by bright and beautiful full-color photographs.

This is a book bursting with life, love, and delicious food that will make you glow with good health, inside and out.

The Happy Cookbook: 130 Wholefood Recipes for Health, Wellness, and a Little Extra Sparkle Details

Date : Published June 28th 2016 by St. Martin's Griffin (first published March 1st 2015)

ISBN : 9781250092274

Author : Lola Berry

Format : Paperback 248 pages

Genre : Food and Drink, Cookbooks, Cooking, Health

 [Download The Happy Cookbook: 130 Wholefood Recipes for Health, W ...pdf](#)

 [Read Online The Happy Cookbook: 130 Wholefood Recipes for Health, ...pdf](#)

Download and Read Free Online The Happy Cookbook: 130 Wholefood Recipes for Health, Wellness, and a Little Extra Sparkle Lola Berry

From Reader Review The Happy Cookbook: 130 Wholefood Recipes for Health, Wellness, and a Little Extra Sparkle for online ebook

Gail says

I won a copy of this book in a giveaway on Goodreads. It has a lot of good recipes and great pics to go along with some of them. They are healthy recipes which include paleo, gluten free and sugar free recipes. Thanks for the copy of the book!

Polina says

I loved this cookbook and read it like a book. Picking up inspirations and idea from every recipe and generally absorbing the authors vitality and vibe through the pages and photos. The recipes themselves are a little too carb loaded for my liking as I myself am trying to follow a ketogenic diet, but I am stocking up on ingredients to try a few if them out and I love the simple raw chocolate recipes that are my particular weakness. I think this books main value in not presenting recipes to follow but in encouraging and empowering the reader to experiment with their own creations.

Ann Green says

What a win! Many thanks for this imaginative and healthy mix of recipes with "a little Extra Sparkle" on top. Berry has compiled a collection of updated and paleo-inspired recipes with fresh and unusual ingredients like lavender and kale pesto with pine nuts. There are treats for summer like avocado, mint and lime ice cream pops. And dishes for winter such as slow-roasted ribs with duck-fat roast potatoes. Gluten free pancakes, a healthy gingerbread house, fish tacos and other tasty ideas round out this interesting cookbook. Trying a few of these will make my family happy that I read "The Happy Cookbook". Australia's favorite nutritionist will soon become well known here in the United States with this gem.

Miranda Stallard says

I wasn't sure what to think at first. The dishes seemed a little out there. But we tried the quinoa SuperBowl tonight and it was fantastic! Can't wait to try a few other recipes now.

Rianna Rowsell says

A friend lent me this book and there were so many great recipes I've added it to my cookbook wish list - the only books that make it to the list are ones that I know I'll actually cook from, not just read, so it's practical as well as enjoyable.

Cathy says

I've gone through this book, had many inspiring recipes but in the other hand, I found some recipes impractical because it's time consuming. This is due to not to having certain kitchen equipment, the other is because my kids are picky as buggery, thus making the motivation to even try slump. In saying that, a kind friend raved about the salmon cakes and will be trying it out tonight and will be making a batch by four and freezing batches. Have to start somewhere don't I? And what recipe book are you going to seriously like every single recipe.

Good luck. Have a try and like what some people have suggested is to borrow the book from the library before purchasing to test drive some of the recipes. Secret: I know some librarians hate it and others don't mind but leave post it notes is scribble paper inside to let others know what was good /wink
