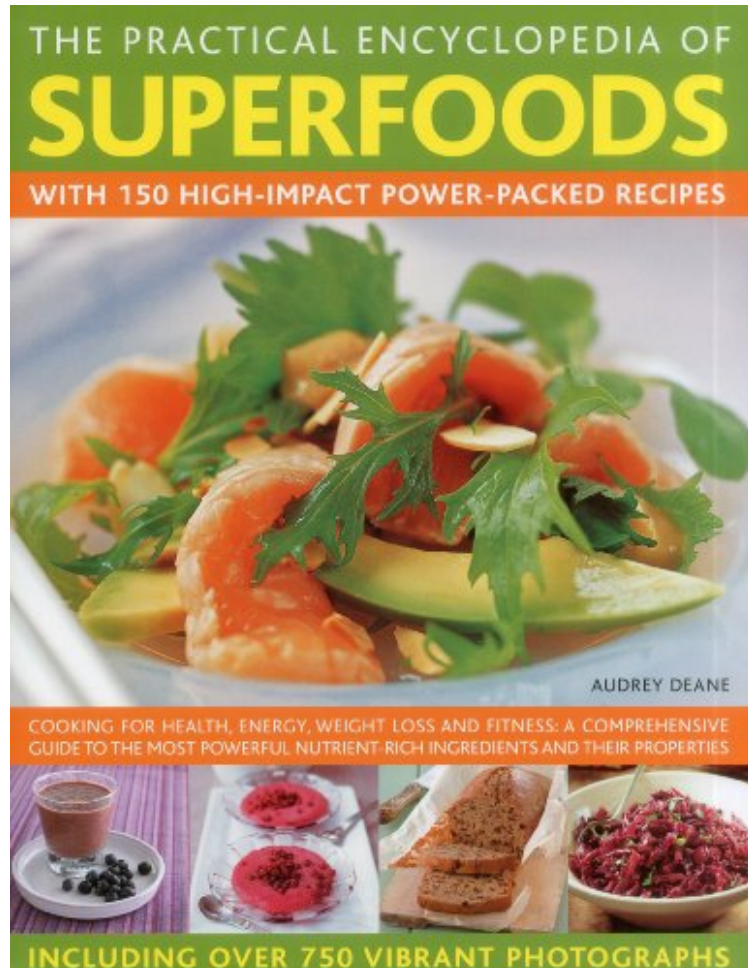


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Cooking for health, energy, weight loss and healing: a comprehensive guide to the most powerful nutrient-rich ingredients and their properties. Features 150 delicious step by step recipes.

About the Author Audrey Deane has twelve years' experience in food science and nutrition, and is an accomplished health writer and recipe developer. Drawing on her specialist knowledge of food ingredients and nutrition, Audrey has brought together a fantastic collection of simple, easy-to-follow and nutritionally enhanced recipes for this book. Audrey has recently co-authored a book about cooking with Omega-3 fatty acids.