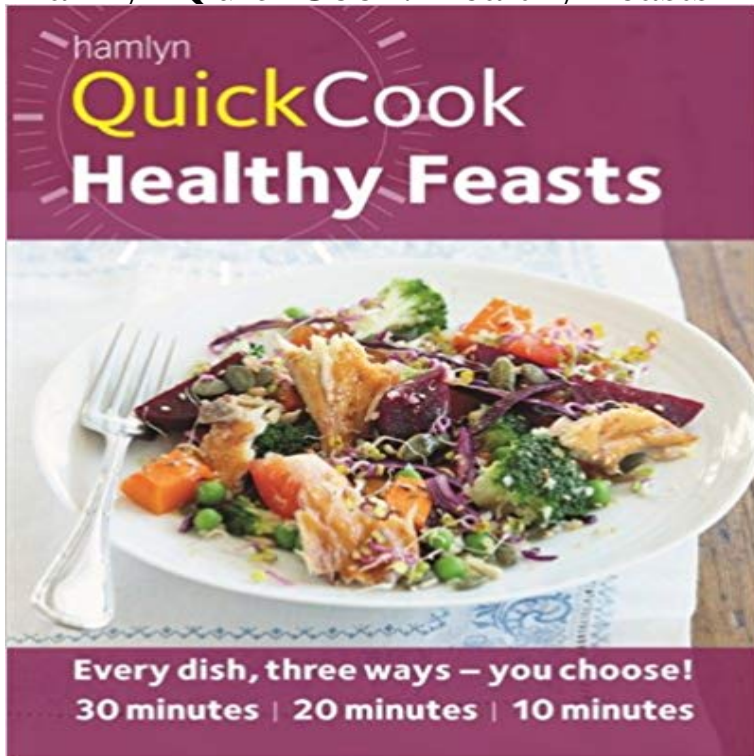


Hamlyn QuickCook: Healthy Feasts



In recent years, with diabetes, cardiovascular disease and obesity on the rise, we have become more and more aware that the foods we eat can have a real impact on our health. Eating a balanced, healthy diet is therefore of the utmost importance, and thanks to the recipes in Hamlyn QuickCook: Healthy Feasts, it can be an easy and enjoyable part of your life. So what is the best way to ensure your diet is healthy and nutrient rich? The best way to ensure good health is to eat variety of different foods prepared from scratch, including good-quality protein, nutritious unrefined carbohydrates, and a good variety of fruit and vegetables, as well as nuts and seeds. Change your life for the better with this essential recipe collection. Breakfast on Oat, banana and ginger muffins or Wholemeal blueberry pancakes with lemon curd yoghurt, lunch on Cheesy spinach-stuffed mushrooms, Greek pitta pockets or Mini smoked trout quiches, and dine on Butternut, mushroom and broccoli gratin, Bacon and leek tortilla, Fish pie or Beef and lentil chilli. If you feel like a treat, there's no need to feel guilty with this virtuous selection - try Oat-topped pear and ginger pudding, Winter fruits with orange ricotta, or Cocoa, orange and pecan flapjacks. Healthy, nutritious food has never been this tasty!

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