



The Detox Cookbook

By Snowball, Kathy

Allen & Unwin, 2004. Paperback. Book Condition: New. 21.5 x 24 cm. Whether you're looking for a regular detox regime or just repairing the post-Christmas/Easter/birthday-binge fallout, The Detox Cookbook provides the Why and How To in the most delicious way. This is a collection of mouth-watering recipes that will give you more energy, help you drop a few kilos, cleanse your liver and leave you feeling fantastic. And you won't feel like you're on a diet. Included is a simple explanation of the benefits of regular detoxing, and how to incorporate this sensible program into your busy life. Kathy and Jan believe that if you love your food, but need to cleanse, there is no need to sacrifice flavour. Try Asian-style Duck Salad, Barbecued Seafood with Mango Salsa + Pink Potato Salad or Rack of Lamb with Quinoa and Roasted Pumpkin . . . these are meals the whole family or dinner guests can easily share. Stylishly presented with gorgeous colour photos, The Detox Cookbook is the most practical and inspiring book around on this very hot topic. Paperback.

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