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Everyday British: The Heart-healthy Way to Make Your Favourite Dishes

By British Heart Foundation

Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Everyday British: The Heart-healthy Way to Make Your Favourite Dishes, British Heart Foundation, If you think traditional British food is a no-no for anyone with a heart condition then think again! The book shows you how, with just a few simple adjustments, you and your family can enjoy your favourite British dishes without compromising flavour. Sometimes, nothing beats a no-nonsense roast or a comforting pudding. Everyday British brings you delicious heart healthy versions of over 60 classic dishes. Whether you're yearning for a roast beef with Yorkshire pudding or cottage pie, pork chops, a crumble or a sponge cake, the tasty recipes in this book mean you can eat healthily and enjoy all your favourite foods.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was written quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be the very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**