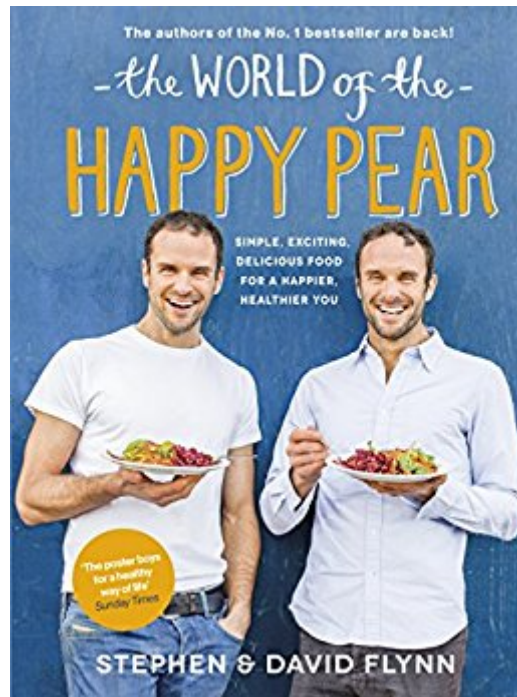


The book was found

The World Of The Happy Pear



Synopsis

'These lovely boys always create incredibly tasty food.' Jamie Oliver David and Stephen Flynn put fun, deliciousness and friendship at the heart of their cooking. By showing that vegetarian food is endlessly varied, packed full of flavour and amazingly easy to prepare they want to spread the love for fruit and veg! The World of the Happy Pear is inspired by David and Stephen's family, friends and the international team at their legendary café. It includes over 100 mouth-watering and totally doable recipes - like Grilled Halloumi Burger with Sweet Chilli Ketchup and a Garlic Tahini Mayo ... Fennel, Ruby Grapefruit, Avocado and Blueberry Salad ... Chocolate and Salted Caramel Tart. There is advice on getting children to love the stuff that's good for them and top tips on the tasty vegetarian approach to everything from BBQs and burgers to ice cream and Pavlova. Become part of the world of the Happy Pear and discover a feast of healthy yummy food that will transform your eating! 'The poster boys for a healthy way of life!' Sunday Times 'A healthy eating phenomenon' Mail on Sunday 'These twins are on a roll' Time Out '[They] couldn't look healthier or happier ... poster boys for vegetarianism' The Times

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Customer Reviews

been following dave and steve on social media. they have helped me to further my love of veggie power. im sugar dairy wheat free and have made a lot of the wonderful recipes now if i could only do a handstand.

I did not buy this particular Happy Pear cookbook on , but I bought it in Ireland at their restaurant I loved it that much!! I just now ordered their older cookbook from , which I checked out at the library in Ireland and loved it too (I live in the US and travel to Ireland frequently. The recipes in this book are easy to follow once you get the hang of measurement conversions or looking them up online. I've been a vegetarian for over 25 years, and sometimes it's hard to convince carnivores to eat something made from a vegetarian cook book, but my carnivore fiancé loves the recipes from these cookbooks!!! some are time consuming, but just as many are quick. All are tasty!! Also, check out their 5 minute recipes on their web site...you won't be disappointed!!

Great work Happy Pear, love your recipes, message and continual inspiration! Keep it up, and twin power!! ••••• mucho abundance!

Everyone should eat like this.

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