

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



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(Athena Jones)

EVERYDAY BRITISH: THE HEART-HEALTHY WAY TO MAKE YOUR FAVOURITE DISHES



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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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