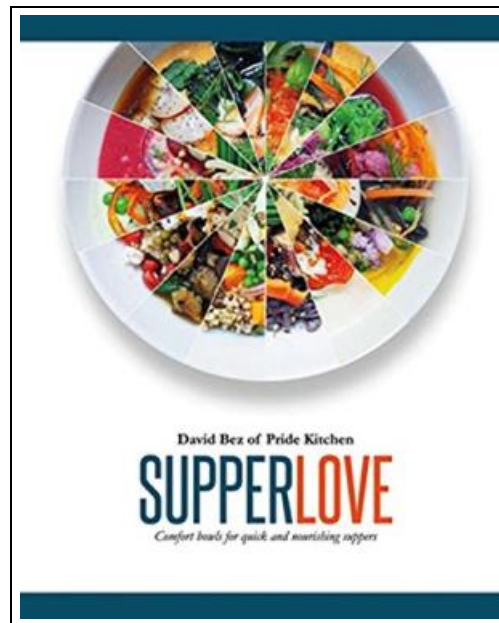


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SUPPER LOVE: COMFORT BOWLS FOR QUICK AND NOURISHING SUPPERS (HARDBACK)



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Quadrille Publishing Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. In this, the third cookbook from king of salads, David Bez, there are 130 supper bowls for any season and every appetite. The options are endless and vary from light, raw and fresh, to hot, filling and wholesome. Every recipe in this stunning book is ultra simple and can be adapted to suit a different diet, such as vegan or vegetarian. The recipes are divided into two sections - soup bowls and filling grain bowls - and include Barley, Red Onion, Sun-Dried Tomato and Paprika Cream; Blue Cheese, Buckwheat and Aubergine in Beetroot Broth; and Tuna, Black Noodles, Avocado and Seaweed. As well as explaining the formula for the ideal supper bowl, David also provides advice and basic recipes for fermenting, dressings and sauces, broths and types of hummus. You ll find in these pages all the inspiration you need to fall in love with easy, effortlessly nourishing bowl food, for tasty, comforting suppers.



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