



Food Swings: 125+ Recipes to Enjoy Your Life of Virtue and Vice (Hardback)

By Jessica Seinfeld

Random House USA Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent--delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you ll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, Virtue, provides recipes for your controlled side, while the other half, Vice, is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you re a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds Ginger Salmon with Sesame Cucumbers...

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