



Food with Family & Friends: Great Food for Healthy Living

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Whether you're cooking up breakfast on the run, a packed lunch, a lazy weekend brunch, a perfect Sunday roast or an informal midweek dinner party, this book shows you how—without forgetting your diet plan. Gone are the days of feeling as though you are missing out. Instead here are more than 120 delicious recipes, that are anything but typical dieters' food, including spicy beef fajitas with salsa, Moroccan-style tagine, cinnamon and apple crumpets, seafood cakes with fennel and orange salad and chocolate caramel cheesecake. Illustrated with stunning photographs throughout, this will be a must-have purchase for dieters everywhere.

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