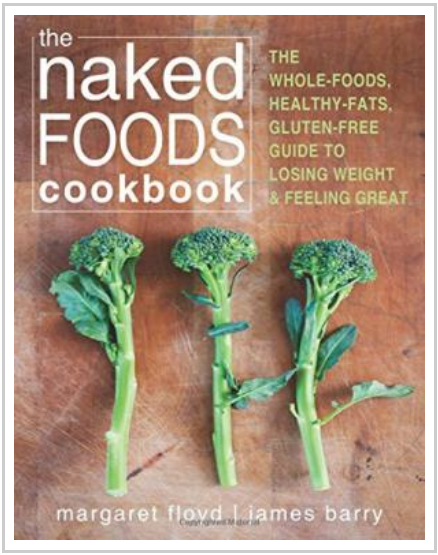


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The Naked Foods Cookbook: Unprocessed, Undressed, and Undeniably Tasty Dishes in Barely Thirty Minutes (Paperback)

By Margaret Floyd

New Harbinger Publications, United States, 2012. Paperback. Book Condition: New. New ed.. 226 x 176 mm. Language: English . Brand New Book. Why go out to eat? Cooking at home is easy, healthy, delicious, and affordable-and with the right techniques and ingredients, preparing a home-cooked meal can be quicker than picking up take-out. Cook Naked, the anticipated follow-up cookbook to Margaret Floyd s Eat Naked, shows readers how they can create whole, organic, and fresh naked meals that maximize the natural nutritional value of food. Unlike commercially available prepared foods and restaurant dishes, naked meals contain no harmful additives, preservatives, or empty-calorie fillers. Because cooking naked is well-suited to people who need energy for busy lifestyles, this cookbook is organized around the time it takes for readers to prepare each type of dish: in a rush recipes take ten minutes or less, every day recipes take twenty minutes or less, and an impress the neighbors section offers more time-intensive recipe selections. Readers who seek to control the quality of ingredients and nutrients in their food will turn to this cookbook time and time again for affordable, naturally delicious meals they can feel good about eating and serving to others.

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Reviews

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