



The Happy Pear: Recipes for Happiness (Hardback)

By David Flynn, Stephen Flynn

Penguin Books Ltd, Ireland, 2018. Hardback. Condition: New. Language: English . Brand New Book. The No 1 bestsellers new book - packed with quick and easy veggie options, clever meat-free versions of popular favourites and inspiring advice on how to be healthier! These lovely boys always create incredibly tasty food Jamie Oliver. Though they have written two No 1 bestselling vegetarian cookbooks, David and Stephen Flynn, the twins behind the Happy Pear cafes and food business, know it can be challenging to juggle everything and still feel inspired! And being busy dads themselves they also know the pressure of getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover: it is crammed with recipes to make you happier - including a huge section of economical easy dinners that can be rustled up in 15 minutes (chickpea tikka masala, thai golden curry, one-pot creamy mushroom pasta); gorgeous hearty dishes (goulash, Greek summer stew, an ingenious one-pot lasagne that s cooked the hob); a selection of plant-based alternatives to family favourites (burgers, hotdogs, nuggets, kebabs), and irresistible treats (summer fruit bakewell tart, double choc brownie cake). For...



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Reviews

Extensive information! Its this sort of great read through. It is amongst the most incredible book i have go through. I realized this publication from my i and dad suggested this book to understand.

-- Prof. Devon Bernhard PhD

Absolutely essential read through book. it was actually writtern quite properly and useful. Its been developed in an remarkably basic way and it is only following i finished reading through this ebook where really changed me, modify the way i believe.

-- Torrey Jerde

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