

The Midlife Kitchen: health-boosting recipes for midlife & beyond



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Reviews

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

(Mrs. Ellie Yost II)

THE MIDLIFE KITCHEN: HEALTH-BOOSTING RECIPES FOR MIDLIFE & BEYOND



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MITCHELL BEAZLEY, 2017. Hardcover. Condition: New. Are you at a point in your life where health is becoming more of a priority? Are you confused by ever-changing headlines that contrive to make the simple act of eating a peril rather than a pleasure? The Midlife Kitchen has the answers. Midlife is not a time to be concerned with food fads and foibles, but rather a glorious opportunity to wrest back control of your eating in the interests of health, happiness and a long life. Taste must certainly come first, but with health firmly snapping at its heels, underpinned by well-established nutritional common sense. Busy lives require simple, sustaining recipes that incorporate health-giving ingredients without too much fanfare or fuss. This book is not about 'clean-eating' or super foods, detoxing or restriction. Instead, it is about building up a balanced and diverse diet, with less sugar, better fat and good carbs. Alongside each recipe is the Midlife Kitchen emblem, the star anise. With each of the eight seeds representing a specific Midlife Health category - such as Hormone Harmony; Mind, Memory, Mood; or Heart Health - authors Sam and Mimi are able to provide simple nutritional information. Health tips explain the benefits of certain ingredients, while 'Why We Love It' sections explore the advantages of cooking each dish. Midlife Must-Haves show how to create homemade essentials such as Midlife Grown-up Granola, Midlife Power Porridge and Midlife Sweetener. From Seared Sirloin on Pan-roasted Veg to The Mother of All Greek Salads, Nurture Bircher to Three-ginger Fire Cake, the recipes in this book come together to create a vibrant menu bursting with mouth-watering flavours.



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