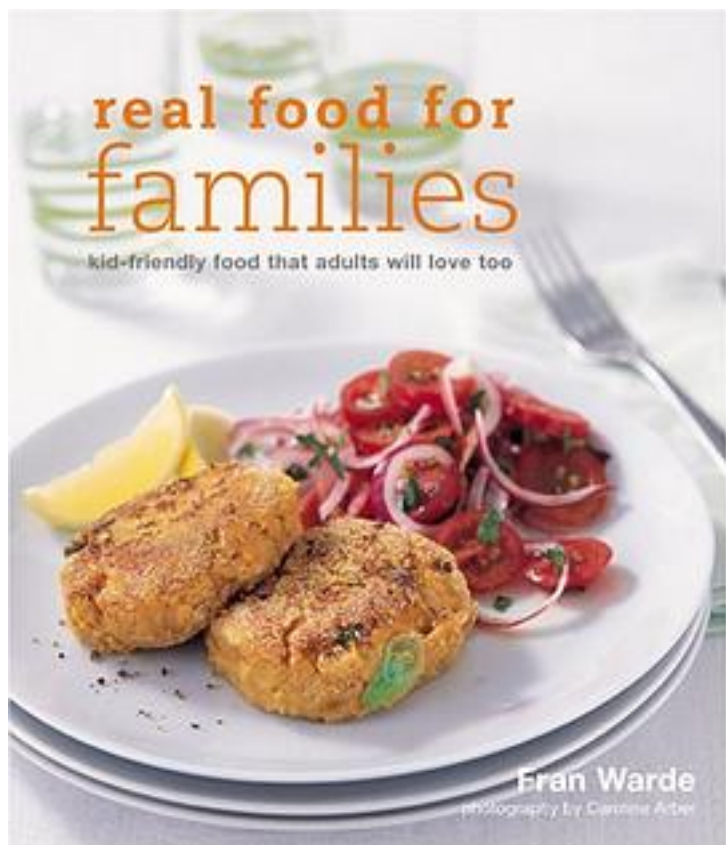


# Great Food for Families



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Family meal times don't have to be a battle between 'us' and 'them'. Fran Warde combines her expertise as a chef with her experience as a mother of two and serves up delicious family food. The Best Start includes quick and easy ways to serve up nutritious and tasty breakfasts from Yogurt and Fruit Layered Sundaes to Eggs Every Way. Family Lunch Boxes proves that packed lunches aren't just for the kids! Try a tasty home-made Spicy Vegetable Wrap or a Real Sausage Roll. Quick Weekday Suppers is

packed with ideas for satisfying meals with minimum fuss, such as Italian Meat Balls with Pasta. In Get-Ahead Weekends you'll find indispensable recipes for soups and one-pot dishes, while Sunday Lunch features Roast Chicken with Lemon, Thyme and Potato Stuffing and Roast Crunchy Pork with Baked Apples. In Family and Friends you'll find simple ideas that really work, such as Baked Ham with Layered Potatoes or Meatloaf with Fresh Tomato Sauce. Sweet Treats are always a big hit - delight the family with Carrot Cake or Chocolate Swamp Pudding. \*A great collection of recipes for child-friendly food that adults will love too. \*Reliable and nutritious recipes for every day of the week. \*Mouthwatering photography by Caroline Arber.

作者介绍:

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