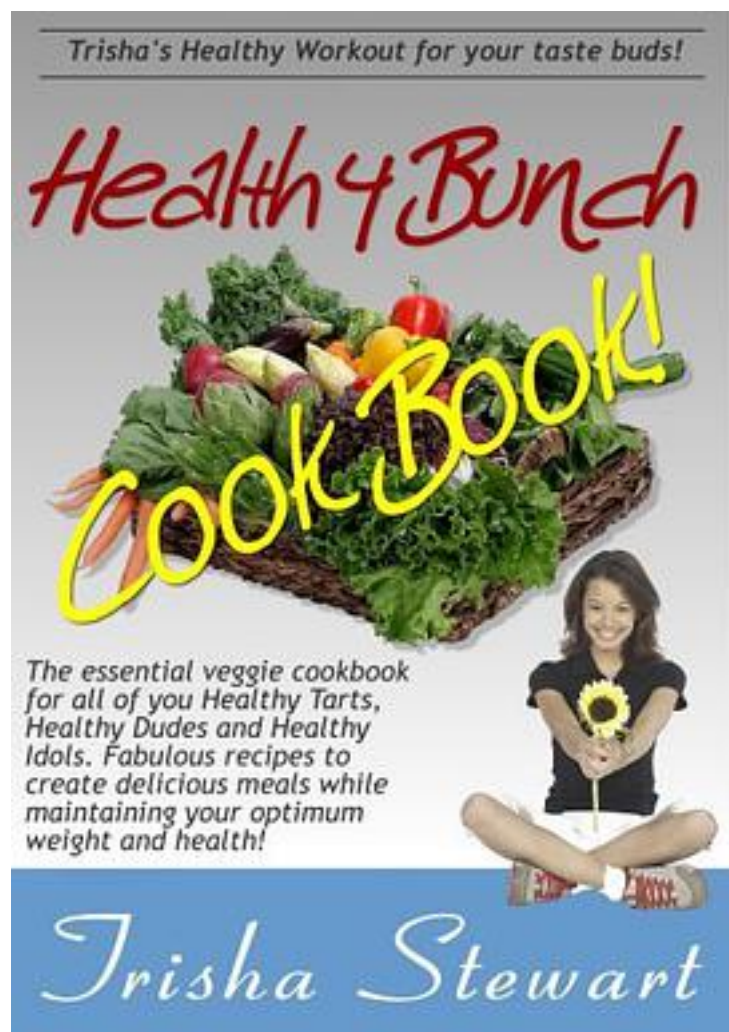


# Healthy Bunch Cookbook



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This cookery book has been created to support the series by Trisha Stewart on diet

and lifestyle, "Healthy Tart", "Healthy Idol", "Healthy Dude" and also "Healthy Fitness Central" which is written by Trisha's great friend and colleague and her own fitness guru, Christin McDowell. This book is deliberately focusing on vegetarian/vegan foods, not only to support these great lifestyle books, but also to encourage those people who eat flesh and dairy to try some great alternatives. Even though I have outlined in my other books very good reasons to avoid eating animal produce, I know some people will continue to do so, which is about choices. Choosing recipes in this book will be greatly contributing to your own health and wellness and that of your family and friends as well. You will be amazed how many people love to eat this kind of food. Help to spread the word about a great way of eating for optimum health and make this book part of your everyday eating regime.

作者介绍:

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