

The Fresh Farmhouse Kitchen Clean-Eating Comfort Food



BOOK DETAILS

- Author : Emily Frisella
- Pages : 256 Pages
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BOOK SYNOPSIS

The foods we choose feed not only our bodies, but every facet of our being. Yet clean-eating can feel so daunting and what about those doughnuts? Thankfully, clean-eating doesn't have to be daunting, boring, or anywhere in between. Emily Frisella comes to the rescue with creative, flavorful, fun-to-eat, clean-eating recipes inspired by classic comfort foods. Take the shackles off your taste buds and allow them to indulge in delicious, flavor-packed recipes for every part of your day: breakfasts, snacks, lunch or dinner sides, lunch or dinner entrees, desserts, and hunger-banishing smoothies. The recipes in this book are exciting to eat as they are friendly to your waistline (and budget). The Fresh Farmhouse Kitchen is the real clean-eating cookbook. For real life. And you don't even have to give up the doughnuts!

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