



Somewhat Healthy Comfort/Junk Food Recipes/Cookbook: A Great Tasting and Not So Bad for You Breakfast, Lunch and Dinner Meal Plan (Paperback)

By Mick Filbert

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Acknowledging that many people (including myself) like to eat comfort food/junk food, the book attempts to provide recipes that will both comfort you, but also do so in a healthier way. From hamburgers made with freshly ground beef, pancakes filled with nuts and fresh fruit instead of eggs to spicy Chinese chicken to satisfy your craving for hot foods, the book provides recipes that will make you feeling good in a guilt-free way.



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Reviews

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