



The Fuel Food Cookbook

Oliver McCabe

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The Fuel Food Cookbook is more than just a collection of recipes. Author, nutritionist, and chef Oliver McCabe sets out the cornerstones of nutrition and provides over 100 recipes for healthy food that doesn't cost the earth. This book brings healthy whole foods back to basics and is packed with simple, flavorful recipes for all kinds of meals and snacks, from juices and smoothies to substantial breakfast and brunch dishes, soups, salads, breads, burgers, casseroles, and all kinds of sweet treats that you can actually feel virtuous about enjoying!

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