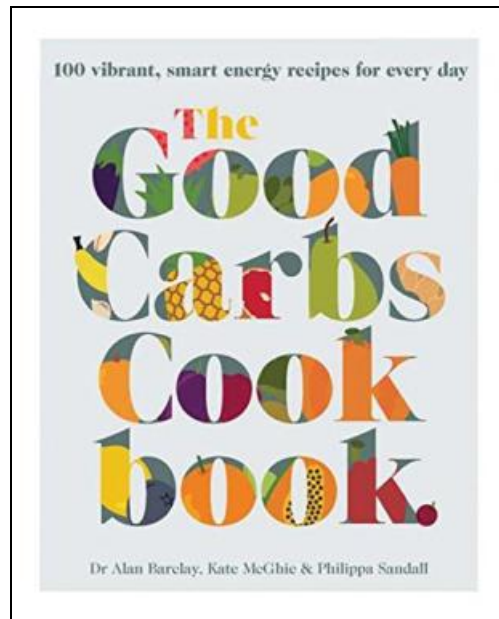


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THE GOOD CARBS COOKBOOK: 100 VIBRANT, SMART ENERGY RECIPES FOR EVERY DAY



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Murdoch Books, 2018. Hardcover. Condition: New. This book is about bringing us back to the joy of cooking traditional carbohydrate staples and all the benefits that brings - including a healthy, balanced diet of slow-energy release, low GI foods. This doesn't mean rushing to the nearest wholefood store and stocking up on expensive products like baobab, chia seeds and protein powders. It means shopping for essentials like grains, dairy, eggs, meat, fish, chicken and fresh fruit, vegetables, herbs and the traditional staples made from them, that won't break the bank and will appeal for all of the family. Carb-rich fruits, vegetables, grains and seeds provide us with essential vitamins, minerals, antioxidants and phytochemicals along with plant protein in beans, quinoa and grains and good fats in nuts and seeds. These wholesome foods have played a key role in the human diet for thousands of years keeping us healthy, strong, and on the go. Low GI (good carbs) can help us cut cravings and feel fuller for longer stay in shape better by minimising body fat and maximising muscle mass, and decrease the risk of some chronic conditions, such as type 2 diabetes and heart disease. The Good Carbs Cookbook contains over 100 simple, delicious and satisfying recipes and some sound advice from Dr Alan Barclay who gives you the low down on the importance of eating good carbs. Complete with nutritional information including GI values, you can find recipes for Lemon chicken with golden onions and green olives; Roasted pumpkin soup with harissa; Glazed ginger soya beans; Lamb feta and burghul meatballs and Thai red duck curry with lychees. There are even moreish low-GI desserts like Banana and peanut ice cream; Strawberry, rhubarb and apple oat crumble and Lemon passionfruit pudding. So put aside the carb guilt and enjoy delicious,...



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