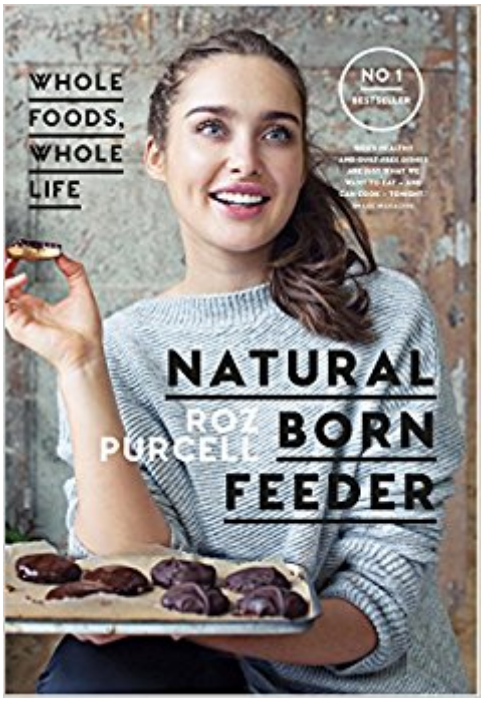
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Natural Born Feeder: Whole Foods, Whole Life



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Synopsis

Roz Purcell’s approach to cooking is simple: use whole foods to live a whole life. Having developed a negative relationship with food that led her to make unhealthy choices, she changed her lifestyle by rediscovering her love of cooking. Roz used her passion for food to develop the most amazing recipes that fuel the body, providing the energy and vitality needed to look and feel great. For Roz a healthy lifestyle isn’t about extremes, it’s about balance. Written in a wonderfully accessible way, Natural Born Feeder features over 170 easy-to-follow, delicious recipes. Try Spiced Apple Pancakes for a special breakfast or Serene Green Soup for a nutritious and filling lunch. Share Roz’s Butter Bean and Sun dried Tomato Dip with friends or indulge without guilt in her Chocolate Orange Tart. Get inspired, get into the kitchen, and get cooking!

Book Information

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Customer Reviews

Natural Born Feeder is an unreservedly recommended addition to personal, family, and community library cookbook collections. --Library BookwatchIdeal for people who love their grub with a wholesome twist --Food & Wine Magazine

Roz Purcell began blogging at naturalbornfeeder.com in 2013 to document her love of cooking and share her recipes. No stranger to television audiences, she won Celebrity Come Dine with Me (Ireland) in 2012 and regularly appeard on TV3’s Xpose. Roz is also one of Ireland’s most successful models and the 2010 winner of Miss Universe Ireland. Originally from Co. Tipperary, she

now lives in Dublin.

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