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Elly Pear and Anna Jones' Food Tour Of

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Having found real results sticking to the 5:2 way of eating, Elly shares some of her favourite, most exciting recipes for eating well and enjoying food on both fast days and feast days. Elly Pear: Fast Days and Feast Days is a collection of more than 100 of Elly's favourite recipes from both fast days and feast days, her home kitchen and her café, inspired by world cooking but always with an eye on the local greengrocers.

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Elly Pear's Fast Days and Feast Days by Elly Curshen ...

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Elly Curshen, founder of Bristol's Pear Café, better known as Elly Pear and author of Sunday Times bestseller, 'Fast Days and Feast Days' (2016), is passionate about encouraging people to cook from scratch and try new things. Her bright, inventive, meat free cooking

is influenced by world cuisine but always with an eye on the local greengrocers. Her second book, Elly Pear's Let's Eat! (2017) was an Amazon No1 bestseller (across ALL books!) following her appearance on Channel 4's Sunday ...

About @ellypear — The Pear Cafe

Elly Pear's Let's Eat: Simple, delicious food for everyone, every day Elly Curshen. 4.5 out of 5 stars 57. Hardcover. £9.99. Usually dispatched within 1 to 4 weeks. Elly Pear's Fast Days and Feast Days: Eat Well. Feel Great. All Week Long. Elly Curshen. 4.3 out of 5 stars 97. Hardcover. £15.56. Eat Green: Delicious flexitarian recipes for ...

Green: Veggie and vegan meals for no-fuss weeks and ...

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Elly Pear's Fast Days and Feast Days is a collection of more than 100 of Elly's favourite pescatarian recipes from both fast days and feast days, her home kitchen and her café, inspired by world cooking but always with an eye on the local greengrocers. With clear and comprehensive advice on shopping well and using your local shops, stocking your fridge and cupboards sensibly and avoiding waste at all costs, this book will guide you to a new way of eating

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Elly Pear's Fast Days and Feast Days: Eat Well. Feel Great. All Week Long. Elly Curshen. 4.3 out of 5 stars 97. Hardcover. £15.56. Root, Stem, Leaf, Flower: How to Cook with Vegetables

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