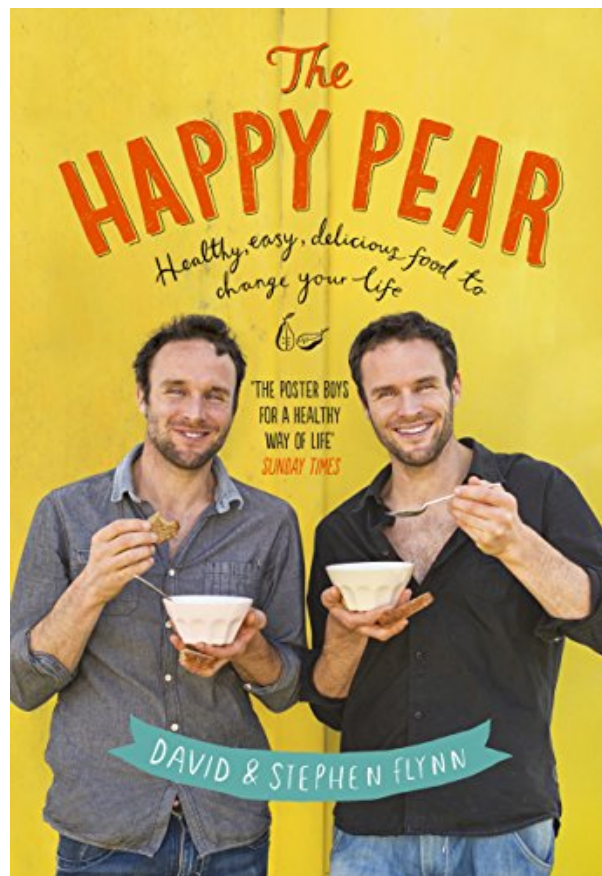


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Until well into their twenties twins, David and Stephen Flynn, were typical meat-eating, pint-swilling, girl-chasing jocks. Until - entirely independently - they tried a vegetarian diet. It transformed their lives. They developed a passion for good food and health that was both addictive and utterly infectious. The Happy Pear café, shop and brand have become iconic and their food has an ever-growing legion of fans. Their first cookbook The Happy Pear was a No 1 bestseller.

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## **PDF**

The No 1 bestselling cookery book in Ireland - for two years running! 'These lovely boys always create incredibly tasty food.' Jamie Oliver Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community. 'The poster boys for a healthy way of life' Sunday Times 'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' Irish Times 'My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.'Huffington Post 'A beautifully presented book with mouthwatering photography' Woman's Way 'A healthy eating phenomenon' Mail on Sunday 'These Irish twins are on a roll' Time Out '[They] couldn't look healthier or happier ... the poster boys for vegetarianism in Ireland' The Times

- Sales Rank: #377770 in Books
- Published on: 2014-10-01
- Released on: 2014-12-02
- Original language: English
- Number of items: 1
- Dimensions: 8.35" h x .79" w x 6.26" l, .84 pounds
- Binding: Hardcover
- 240 pages

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carb avoiding or dieting you can all still enjoy a great meal together

By Welly Queen

Was given this book by a lovely friend and think it is FABULOUS!!! Have cooked/made loads of dishes from it already and they were all, without exception. delicious, full of flavour and very varied. What is more, if the rest of your family are not veggie/vegan, carb avoiding or dieting you can all still enjoy a great meal together. On a more serious note - the healthy alternatives to popular cakes like Millionaire's Shortbread are not only scrumptious but they don't leave you feeling as if you have over dosed on sugar and my type 1 diabetic husband found they didn't raise his blood sugar levels either! Go out and buy it today!

2 of 2 people found the following review helpful.

A Must-Get for Anyone Looking for a Good Vegetarian Cookbook

By c thomson ross

I adore this cookbook. The lasagne with bechamel sauce is amazing and my kids loved the butternut squash quinoa burgers. Many of the recipes require many ingredients and a lot of time so be sure to read recipe carefully before you start. This is my all-time favorite vegetarian cookbook. The writers' zest for healthy living leaps off the page and I am planning a trip to Ireland just to eat there!

0 of 0 people found the following review helpful.

The Happy Pear

By Jeffrey Drews

Lot's of great recipes! You'll need to do some conversions from metric but if you ever watched any of their videos on Youtube you'll have a feel for some of the measurements. You don't need to be exact as long as you get the idea of what you are after. Any how it's a lovely book!

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