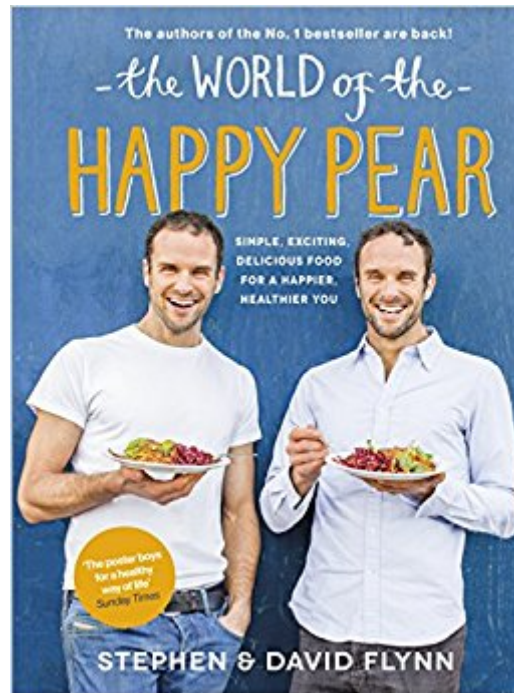




The book was found

The World Of The Happy Pear



Synopsis

NO 1 BESTSELLER AND WINNER COOKBOOK OF THE YEAR AT THE 2016 IBAS! 'These lovely boys always create incredibly tasty food.' Jamie Oliver David and Stephen Flynn put fun, deliciousness and friendship at the heart of their cooking. By showing that vegetarian food is endlessly varied, packed full of flavour and amazingly easy to prepare they want to spread the love for fruit and veg! The World of the Happy Pear is inspired by David and Stephen's family, friends and the international team at their legendary caf  . It includes over 100 mouth-watering and totally doable recipes - like Grilled Halloumi Burger with Sweet Chilli Ketchup and a Garlic Tahini Mayo ... Fennel, Ruby Grapefruit, Avocado and Blueberry Salad ... Chocolate and Salted Caramel Tart. There is advice on getting children to love the stuff that's good for them and top tips on the tasty vegetarian approach to everything from BBQs and burgers to ice cream and Pavlova. Become part of the world of the Happy Pear and discover a feast of healthy yummy food that will transform your eating! 'The poster boys for a healthy way of life!' Sunday Times 'A healthy eating phenomenon' Mail on Sunday 'These twins are on a roll' Time Out '[They] couldn't look healthier or happier ... poster boys for vegetarianism' The Times

Book Information

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Customer Reviews

David and Stephen Flynn's first cookbook The Happy Pear was a No 1 bestseller and has sold over 100,000 copies. Their next book, The World of the Happy Pear, has also been a No 1 bestseller and has sold over 50,000 copies since its June 2016 publication. The two books have revolutionized the

interest in vegetarian food in Ireland and further afield. David and Stephen live in Greystones, Co Wicklow where they run the iconic Happy Pear café and Happy Pear food business.

I absolutely love The Happy Pear. I wish there were more people making food the way their team does over in Greystones. Brilliant recipes from talented cooks, excellent advice about feeding your children healthy food, and great stories about how The Happy Pear came to be, along with the section on food idealism and the personal stories from The Happy Heart course. Way to go on a fantastic job!

I watch them on YouTube for plant based recipes and had to get both of their cookbooks which are both awesome and filled with yumminess. Thanks guys! (Dudes, lol)

Absolutely love this cook book. It's presented beautifully and the lads enthusiasm for healthy eating shines through. I've loved all the recipes I've tried so far, as does my fiancée, which is no mean feat given the fact that we are both big meat eaters. The recipes are easy to follow and most of them don't require much prep time. I'm also doing the Healthy Heart online course provided by the Happy Pear, which has been super motivating. Highly recommend this cookbook for anyone who wants to eat more veg and wants inspiration for veg dishes ;)

Great work Happy Pear, love your recipes, message and continual inspiration! Keep it up, and twin power!! 🌱💪 🌱💪 🌱💪 🌱💪 🌱💪 🌱💪 🌱💪 🌱💪 🌱💪 🌱💪 mucho abundance!

love these guys and their recipes.. yummy!

I love the Happy Pear recipes. Everything that I have cooked has been tasty. We are not vegetarians but we love this food.

Fantastic cook book! Love it. Glad I found the Happy Pear on youtube which led me here. Considering the international shipping cost, hard cover book, the final price was really good. Much cheaper than purchasing it elsewhere.

I love the recipes and how easy and very flavorful they are! I watch there YouTube videos all of the time and love their banter and happiness!! There food is very healthy and really, really good! They

make eating healthy very easy!!

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Happy, Happy, Happy: My Life and Legacy as the Duck Commander Bye Bye Thunder Thighs: The
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