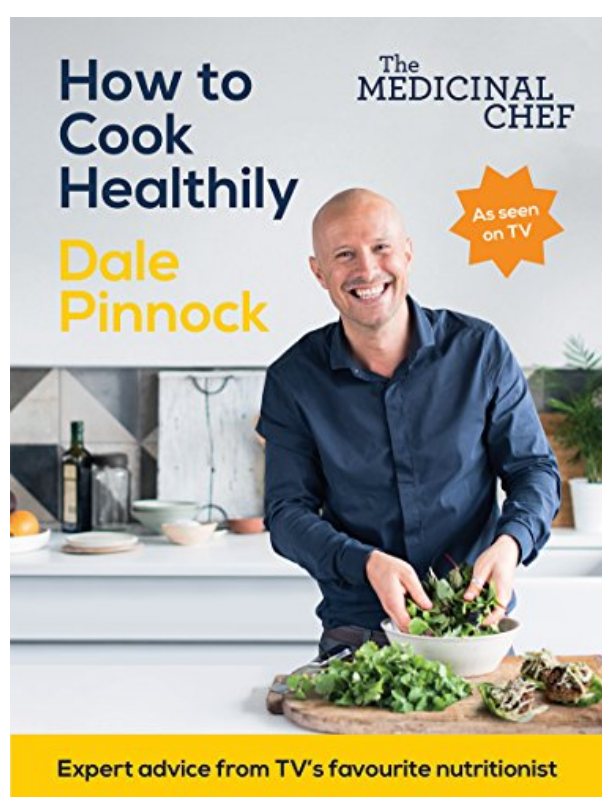
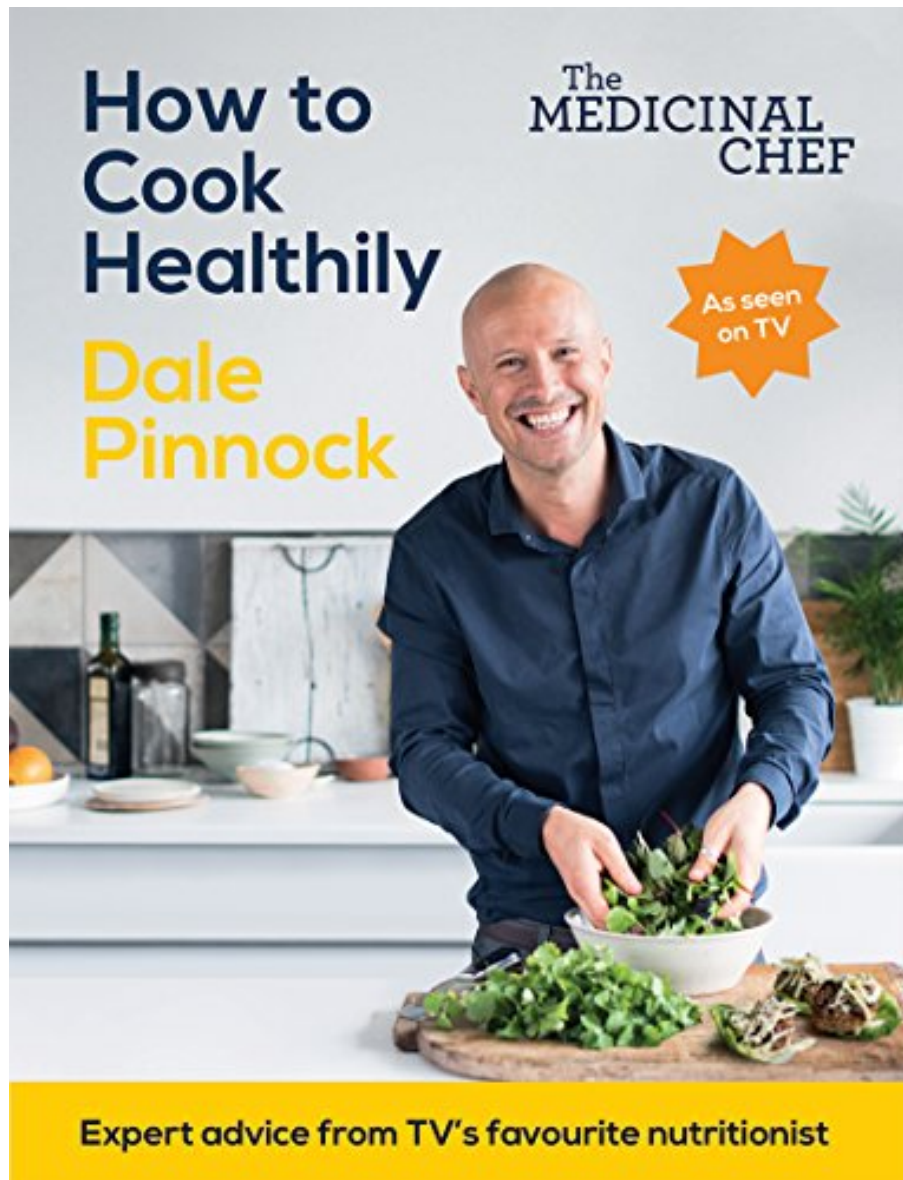


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How to Cook Healthily is the only book home cooks will ever need to teach them the basics of healthy cooking so that they can take control of their long-term health - starting in their own kitchens. Medicinal Chef Dale Pinnock is the perfect teacher and he starts by explaining the benefits of types of ingredient like wholegrains, oils and meat and poultry, as well as cooking methods like stir-frying. The second part of the book is packed with 80 easy, everyday recipes that anyone can make and adapt in order to take a healthier path, now and forever. With the tide of conflicting headlines and supermarket products that are labelled 'healthy', it is easy to become disillusioned and confused. Expert nutritionist Dale Pinnock is here to help. "The purpose of this book is to help you make sense of what healthy dishes look like, how they are composed, and what cooking methods you can use to create a healthy dish and get the best out of your ingredients." Dale Pinnock, BSc Human Nutrition, BSc Herbal Medicine, PgDip Nutritional Medicine

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