



# Real Delicious: 100+ wholefood recipes for health and wellness

*Chrissy Freer*

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## **Real Delicious: 100+ wholefood recipes for health and wellness** Chrissy Freer

Whatever happened to eating real food? In a world of fads and fads, whirlwind diets and mealtime anxiety, isn't it time we took back the joy of eating real, whole food and enjoyed the good health, energy and glowing vitality that can go with that? We only need to look at the increasing incidence of diabetes, food intolerances, allergies and digestive irritations and disorders to see that whatever it is we're doing to our food, it's not agreeing with us.

In *Real Delicious*, Chrissy Freer will show you how quick, easy, satisfying and invigorating it is to cook and eat real food. These are simply delicious recipes to share with family and friends for your whole life.

Eat real, eat well and love it!

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