



## **My New Roots: Irresistible, Natural Food That Happens to be Good for You**

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# My New Roots: Irresistible, Natural Food That Happens to be Good for You

## My New Roots: Irresistible, Natural Food That Happens to be Good for You

Sarah Britton's healthy eating blog My New Roots draws over two million views a month with her vibrant vegetarian dishes. Now the My New Roots cookbook offers all new recipes that will appeal to Sarah's devoted fans, as well as those discovering them for the first time. My New Roots cookbook is packed with over 100 simple and mouth-watering vegetarian recipes, including fragrant courgette and coconut noodle soup, homemade ginger ale, comforting chocolate chilli and a decadent chai upside-down plum cake. Free from processed ingredients such as refined flours and sugars, My New Roots embraces all-natural ingredients - so you can have as much as you want and know that it's good for your body. With options that are free from dairy, sugar and gluten, low carb and alkaline rich, these seasonal, healthy recipes are designed to satisfy your appetite and make you feel fantastic. My New Roots puts delicious, irresistible, whole foods at the centre of your plate to help boost your energy levels, and make your body and mind healthy and happy, one meal at a time.

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