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# Happy Pear Cookbook



## Synopsis

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

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #79,546 in Books (See Top 100 in Books) #12 in [Books > Cookbooks, Food &](#)

## Customer Reviews

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!

We've made several of the recipes (Moussaka, Irish Root Veg Soup, Chocolate Orange & Ginger cake to name a few) and everything tastes absolutely delicious! The recipes are easy to follow and yield huge portions - loads to share or freeze for another day. So delighted these lads are sharing their passion for healthy cooking. I'm a veggies only girl who lives with a carnivore and we both LOVE this book!

I went to Ireland over christmas and ate at the Happy Pear I was so in love with the food I got the book. I took it back to United States and have made over 11 recipes. I nothing but good things to say about this book. I now have friends and family members asking me for recipes. 5 of my friends have gone out and got the book. One side note some of the mains take a long time to make like 1 1/2 hours every bite is worth it.

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!

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!

This book has a lot of very tasty and healthy recipes. I have tried a some of their salad and soup recipes with a few modifications and they have come out really well. My husband and little son really enjoyed the broccoli red pepper salad, kale salad and sweet potato mushroom soup. Their salad dressings are really good. I look forward to trying many more recipes from this book. They have a lot of mains and healthy dessert recipes as well. I also got a lot of useful information about nutrition and health foods like goji berries, quinoa, etc. Thanks to the authors for this wonderful book.

I came across this book accidentally while looking for something else. The reviews all looked good so I bought the kindle version. I tried out 3 of the recipes and they were all fantastic so I've now ordered a hard copy as well!

Five stars and hoots of joy that the restaurant I have enjoyed since they opened their doors has published a cookbook, so I can cook in the US what was fantastic in Greystones.

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