



Cravings: Comfort Eats and Favourite Treats

Debbie Harding

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There's nothing wrong with lusting after certain foods if you do it mindfully. Rediscover the joys of your favourite decadent dishes, guilt-free, with chef Debbie Harding's delicious, easy-to-follow recipes.

Debbie Harding's approach is simple: recipes that excite and tantalize while giving you the tools and information you need to control everything that goes into your food. *Cravings* includes recipes to satisfy every taste, from salty and sweet to spicy and crispy, and even savoury. To help you along, we've included:

- Nutritional information for every recipe
- A beverage pairing suggestion for each dish
- A list of recommended ingredient brands
- Easy-to-use conversion charts

Debbie encourages indulging responsibly while reminding you that it's okay to celebrate life's big and small occasions with the foods you truly love.

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From reader reviews:

Christina Ochs:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled Cravings: Comfort Eats and Favourite Treats can be very good book to read. May be it may be best activity to you.

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Diana Keller:

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