



The Detox Kitchen Bible

Lily Simpson, Rob Hobson

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Lily Simpson runs The Detox Kitchen, whose boutique delis and specially designed health menus have won thousands of customers ? including international celebrities. She and consultant nutritionist Rob Hobson are devoted to their philosophy of great health through great food.

Inside this book are 200 of Lily's exquisite recipes ? brightly delicious and packed full of flavour thanks to her clever combinations of herbs, spices and oils. All wheat-, dairy- and refined sugar-free, you'll find recipes for invigorating breakfasts, zingy raw salads, delicious snacks and dips, vibrant fish and meat dishes, and scrumptious sweet treats.

But this is not just a recipe book. Rob explains how to use these dishes to target your health needs, whether that's losing weight, gaining energy, getting clearer skin ? or just having a weekend detox after a few days of indulgence.

Eat your way to glowing health with this smart new guide to daily wellbeing.

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