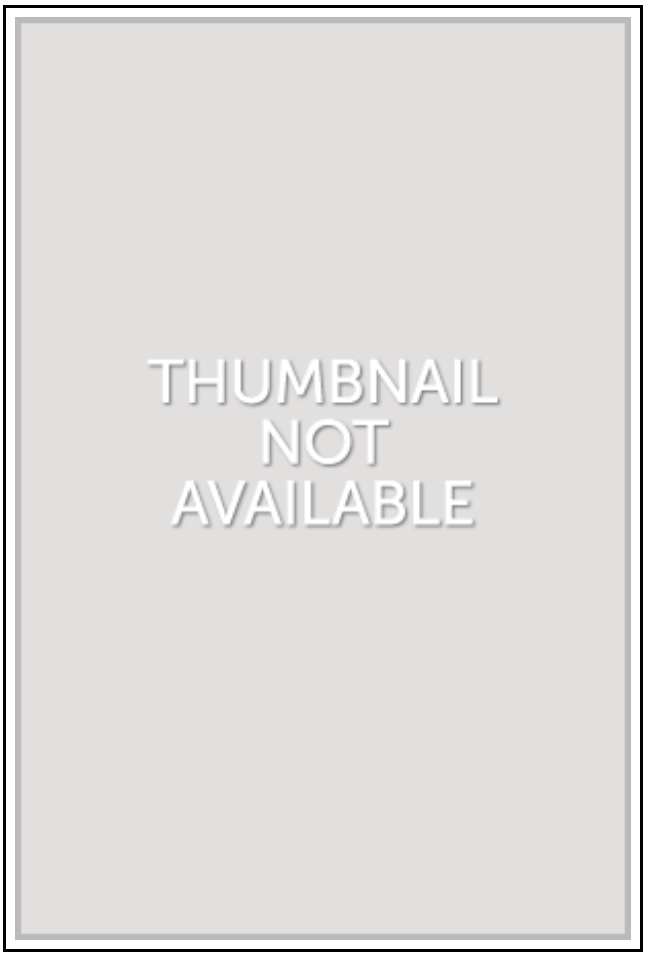
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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Secret Ingredient: Delicious, Easy Recipes Which Might Just Save Your Life, Sally Bee, The bestselling debut from author and home cook Sally Bee. Sally Bee's story of survival and recovery from three heart attacks in a week at the age of 36 is nothing short of a miracle. Sally attributes much of her remarkable survival to her delicious and achievable healthy eating plan, which she and her whole family enjoy. Now, in this beautifully illustrated cookbook, she shares her secret with you, and it might just save your life. Sally believes in living a full life, and that includes eating delicious food with all the family. She shares not only clean, vibrant recipes, but also her versions of comforting classics we all love. Even desserts! We all know the principles of eating a healthy diet, but actually translating that knowledge into an easy and affordable meal can be a challenge in a busy world. The Secret Ingredient meets that challenge head-on with gorgeous, tasty recipes that will feed the whole family, and tempt even the most novice cook. Sally tells her inspirational story throughout, and gives encouragement and support for changing your eating habits, and those of your children, without feeling deprived and in a way that works for life. She's living proof.

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