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Bowl Food

Anna Lisle

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Whole Food Bowl Food is a collection of 80 simple and delicious recipes that are full of flavor, satisfying, and just a little bit different. You don’t need to be a whizz in the kitchen; you only need a love of food and eating from the comfort of a bowl. Fish in a flash, like a salmon san choy bao, speedy stir-fries such as a spicy kung pao chicken, or a spectacular no bake yogurt and coconut cheesecake, laced with fresh mango – magic dishes in moments.

The recipes all focus on wholefood ingredients that you will find in an everyday kitchen. There are no fancy, tough-to-find ingredients that are often seen in alternative health books.

Each recipe will acknowledge dietary specifications; Sugar Free, Dairy Free, Paleo Friendly and Gluten-Free but the book is not limited to those with health requirements. It is a cookbook for the modern day person who is health conscious but, ultimately, values tasty, delicious and inspiring food.

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