

The Healthy Hedonist

40 Naughty but
Nourishing Cocktails
by Nicole Herft



'Nicole is the dream; she makes living sugar-free fun and sexy.'

Madeleine Shaw

The Healthy Hedonist

Phoebe Lapine



The Healthy Hedonist:

The Healthy Hedonist Myra Kornfeld, Sheila Hamanaka, 2007-11-01 How would you like to prepare and savor a delicious meal that is also nourishing and healthful In *The Healthy Hedonist* chef teacher and cookbook author Myra Kornfeld offers home cooks more than two hundred mouthwatering flexitarian recipes designed to satisfy all kinds of appetites without leaving you feeling stuffed and guilty afterward So what is a flexitarian A flexitarian is anyone interested in eating healthy primarily vegetarian cuisine without cutting meat and fish entirely from his or her diet *The Healthy Hedonist* is the ideal cookbook for people with a variety of eating habits the recipes are readily adapted to suit vegetarians omnivores and everyone in between The emphasis here is on real food fresh natural and of course delicious ingredients are used to create unique and healthful meals Aside from soups appetizers salads chicken and fish dishes vegetarian entrees grains and vegetables there are tempting recipes for pizza alternative burgers and naturally sweetened desserts You can indulge yourself and feel virtuous at the same time with delectable fare such as Portobello Mushroom Tapenade Wilted Spinach Salad with Orange Curry Dressing Crispy Thai Wontons Potato Salad with Caramelized Onions Roast Chicken with Maple Glaze Coconut Green Beans with Mustard Seeds Lacquered Carrots with Coriander Gazpacho Salad with Tomato Vinaigrette Red Snapper Provencale Marrakesh Minestrone with Cilantro Puree Tamarind Chickpeas Asparagus Leek and Barley Risotto Barbeque Spice Rubbed Tofu Seared Sesame Crusted Tuna Zucchini Latkes Salmon Medallions with Lime Mustard Teriyaki Citrus Compote Supreme Roasted Peaches with Caramel Sauce Chocolate Lovers Brownies Pomegranate Pear Cornmeal Tart Throughout the book are plenty of helpful suggestions for substituting ingredients to suit your taste or dietary preference and for cooking for large groups or smaller gatherings along with preparation tips and menu ideas In addition easy to follow illustrations guide you toward creating superb meals sure to appeal to every palate For any and all food lovers *The Healthy Hedonist* is the healthy scrumptious way to enjoy sensational feasts every day

The Healthy Hedonist Holidays Myra Kornfeld, 2007-10-16 Holidays are a time for family and friends to gather for mouthwatering meals but catering to every guest's dietary requirements can be a challenge The menus in this book will entice any guest vegetarians semi vegetarians omnivores who can't eat dairy and people who just love good food Each menu offers both a vegetarian and fish or poultry main course and a range of side dishes starters and desserts Many of the menus explore a particular culinary or ethnic tradition this is the perfect gift for anyone who wants to make their celebrations both happy and healthy

The Healthy Hedonist: 40 Naughty but Nourishing Cocktails Nicole Herft, 2018-07-30 *The Healthy Hedonist* will introduce you to a new and innovative world of cocktail making using fresh and exciting ingredients that will leave you with less of a hangover and more of a healthkick This book is packed with nutritious twists on well known classics such as Kombucha Pimms Punch Kale Pine And Mint Daiquiri G Tea Heaven Blueberry And Grape Sangria Watermelon And Mint Mojito and Pomegranate Cosmo as well as health boosting cocktails like Green Goddess Smoothie and Vitamin C Flu Buster along with playful treats of Beetroot

Sherbet Apple Cider Tini and Kale Cooler Nicole also includes tips on how to make cocktails for big numbers and what to serve them with so stylish entertaining is stress free These quirky and creative cocktails will transform the way you drink and entertain making sugary sweet nutrient free cocktails a thing of the past **The Healthy Hedonist** Janet Bridgers,2002-11 If getting healthy has as much appeal as wearing too tight shoes and eating well brings to mind a dreary life of wheat germ skim milk then kick off your shoes and get ready to run barefoot through this incredible garden of earthly delights If you want to look good feel great and have fun doing it you re ready to be a Healthy Hedonist Witty and wise The Healthy Hedonist shows you how to have more fun with fewer regrets more energy with less guilt loads of healthy pleasures with none of the pain When she was good she was very very good But when she was bad she was more fun A media relations specialist in the health care industry activist Janet Bridgers has seen and heard it all Rejecting rigid health regimens in favor of get healthy attitudes you can use her mission is to show others how becoming more healthy need not be another demand in an insanely busy world It can be wonderfully indulgent Book jacket *The Healthy Hedonist* Nicole Herft,2016-11-10 The Healthy Hedonist will introduce you to a new and innovative world of cocktail making using fresh and exciting ingredients that will leave you with less of a hangover and more of a healthkick This book is packed with nutritious twists on well known classics such as Kombucha Pimms Punch Kale Pine And Mint Daiquiri G Tea Heaven Blueberry And Grape Sangria Watermelon And Mint Mojito and Pomegranate Cosmo as well as health boosting cocktails like Green Goddess Smoothie and Vitamin C Flu Buster along with playful treats of Beetroot Sherbet Apple Cider Tini and Kale Cooler Nicole also includes tips on how to make cocktails for big numbers and what to serve them with so stylish entertaining is stress free These quirky and creative cocktails will transform the way you drink and entertain making sugary sweet nutrient free cocktails a thing of the past The Wellness Project Phoebe Lapine,2017-05-16 For those battling autoimmune disease or thyroid conditions or just seeking healthy life balance the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well After she was diagnosed with an autoimmune disease in her early twenties Phoebe Lapine felt overwhelmed by her doctor s strict protocols and confused when they directly conflicted with information on the bestseller list After experiencing mixed results and a life of deprivation that seemed unsustainable at best she adopted 12 of her own wellness directives including eliminating sugar switching to all natural beauty products and getting in touch with her spiritual side to find out which lifestyle changes truly impacted her health for the better The Wellness Project is the insightful and hilarious result of that year of exploration part memoir and part health and wellness primer complete with 20 healthy recipes it s a must read not just for those suffering from autoimmune disease but for anyone looking for simple ways to improve their health without sacrificing life s pleasures *Happy Belly* Nadya Andreeva,2014-03-12 Happy Belly Guide is your personalized roadmap to rediscover the joy of having a healthy relationship with food while enjoying the benefits of efficient digestion Using the wisdom of Ayurveda mindfulness and psychology Nadya Andreeva created the Happy Belly guide

which is designed to help women heal their digestive issues find foods that address their body's unique needs and change habits that are destructive to the body Happy belly is jam packed with practical living and eating tips journaling exercises and ancient knowledge of Ayurveda that will help you create a personalized approach to food based on combining outer and inner wisdom This book is not a diet plan not a cookbook It is a manual on how to create a better relationship with your body and your digestion through building awareness understanding and an open dialogue Using her own experience and knowledge gained from working with hundreds of women in her private wellness coaching practice Nadya Andreeva encourages readers to find their own balanced approach to eating that helps their digestion This personalized approach stems from an open communication and collaboration of our logical intelligent mind and our wise intuitive body You will discover How to reduce and prevent post meal bloating and help your stomach be regular Overcome emotional eating overeating and binging that are overloading digestion and create a negative internal dialogue Easy to digest foods that help to soothe a sensitive and irritated gut while providing nutrient rich source of energy and satisfaction Tips for treating food with love and being able to treat yourself to any food as long as you know how to balance it out How to use your mind and emotions to help your body heal How to deal with one of the main enemies of an efficient digestion stress You will also get access to multiple materials online available for a free download with the books purchase *Vegan Soul Kitchen* Bryant

Terry, 2024-09-24 James Beard Award winning chef Bryant Terry's first cookbook a vegan homage to Southern African American and Afro Caribbean food One of the foremost voices in food activism and justice Bryant Terry brings soul food back to its roots with plant based farm to table real food recipes that leave out heavy salt and refined sugar bad fats and unhealthy cooking techniques and leave in the down home flavor *Vegan Soul Kitchen* recipes use fresh whole healthy ingredients and cooking methods with a focus on local seasonal sustainably raised food Bryant developed these vegan recipes through the prism of the African Diaspora cutting pasting reworking and remixing African Caribbean African American Native American and European staples cooking techniques and distinctive dishes to create something familiar comforting and deliciously unique Reinterpreting popular dishes from African and Caribbean countries as well as his favorite childhood dishes Named one of the best vegetarian vegan cookbooks of the last 25 years by *Cooking Light Magazine* *Vegan Soul Kitchen* reinvents African American and Southern cuisine capitalizing on the complex flavors of the tradition without the animal products With recipes for Double Mustard Greens Cajun Creole Spiced Tempeh Pieces with Creamy Grits Caramelized Grapefruit Avocado and Watercress Salad with Grapefruit Vinaigrette and Sweet Cornmeal Coconut Butter Drop Biscuits and many more *A Hedonist's Guide to Tallinn* Laurence Shorter, 2004 Tallinn has earned a reputation for legendary nightlife and beautiful women Hg2 Tallinn goes beyond the stage to explore its picturesque streets and sophisticated restaurant bar and cafe scene

Cook Food Lisa Jervis, 2009-09-01 More than just a rousing food manifesto and a nifty set of tools *Cook Food* makes preparing tasty wholesome meals simple and accessible for those hungry for both change and scrumptious fare If you're used

to getting your meals from a package or the delivery guy or if you think you don't know how to cook this is the book for you. If you want to eat healthier but aren't sure where to start or if you've been reading about food politics but don't know how to bring sustainable eating practices into your everyday life, *Cook Food* will give you the scoop on how while keeping your taste buds satisfied. With a conversational, do-it-yourself vibe, a practical approach to everyday cooking on a budget, and a whole bunch of animal-free recipes, *Cook Food* will have you cooking up a storm, tasting the difference, thinking globally, and eating locally.

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