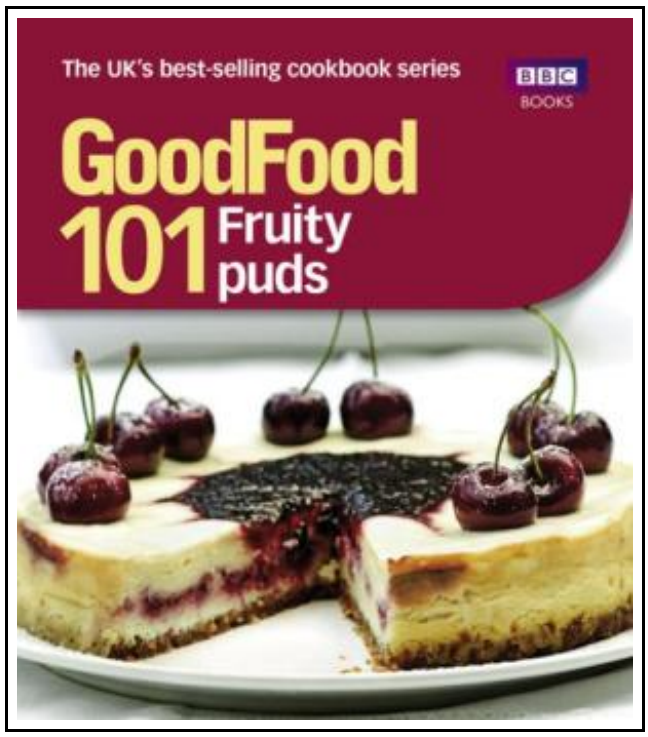
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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Good Food: 101 Fruity Puds: Triple-tested Recipes, Jane Hornby, We all know that fresh fruit is good for us. It's full of vitamins, high in fibre and low in calories, but it's not always the first thing we turn to for an after-dinner dessert or sweet treat! In 101 Fruity Puds, the Good Food team has collected 101 fantastic fruit recipes, from refreshing and healthy to wickedly indulgent. Including cakes, pastries, roulades, cheesecakes, salads, sorbets, gateaux, meringues and fools - this compact cookbook celebrates the versatility of fruit. These tried-and-tested recipes from Britain's best-selling cookery magazine have been chosen to help even the busiest people enjoy delicious, home-made desserts. With step-by-step instruction, nutritional breakdowns and full-colour photography to accompany each recipe, you can cook with complete confidence.

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