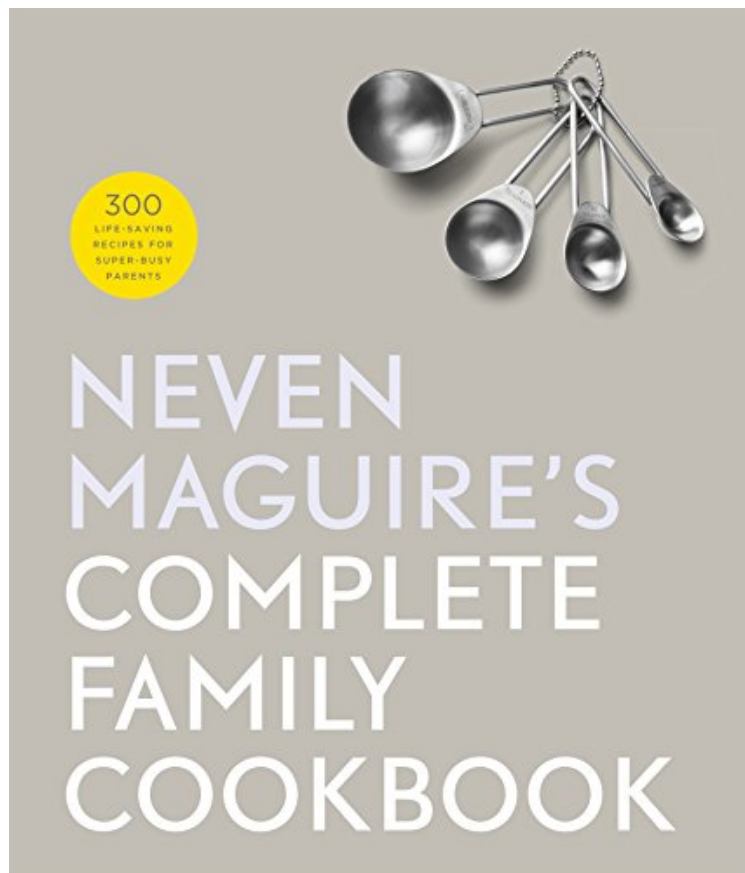


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Neven Maguire's Complete Family Cookbook: 300 Life-saving Recipes for Super-busy Parents

Neven Maguire

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Neven Maguire : Neven Maguire's Complete Family Cookbook: 300 Life-saving Recipes for Super-busy Parents before purchasing it in order to gauge whether or not it would be worth my time, and all praised Neven Maguire's Complete Family Cookbook: 300 Life-saving Recipes for Super-busy Parents:

Thank Heaven For Neven! This Definitive Family Cookbook Will Be A Lifesaver In Every Family's Kitchen At the very centre of family life is the food and fun we share together daily. Our families are the most important people in our lives, so when it comes to mealtimes we want to give them the best we can. This new definitive collection gives you all the inspiration and help you need to make life in the kitchen easier and more enjoyable. The book is divided into the areas where many parents look for help: SOS - SAVE OUR SUPPERS!, including very practical sections like '30 Minutes Max' and 'Mince Tonight'. EAT MORE VEG, for ways to sneak more veg into everyone's diet. LUNCH, which is full of inspiration for packed lunches and beyond. BOB - BRING ON BREAKFAST!, with lots of delicious dishes to

start off your day. **PARTY TIME**, including everything you'll need to get you through Christmas and other family gatherings. **GET BAKING!**, with lots of ideas for homemade treats. **THE BUSY PARENTS' GO-TO BASICS**, which will become your best friend in the kitchen. The book also includes lots of tips on how to wean the family off processed food for meal and snack times, how to plan for large family gatherings, how to cut down on food waste and how to bake the perfect celebration cake. Neven's insights from his sell-out Parent and Child Cookery Course at his cookery school in Blacklion, Co. Cavan, combined with his own experiences of being a dad to his four-year-old twins, result in 300 failsafe, tried and tested recipes that will be a godsend for busy parents everywhere.