

Leon Happy Salads Happy Leons

Leon was founded on the twin principles that food can both taste good and do you good. In this book, Leon authors Jane Baxter and Jo together 100 recipes for fresh, vibrant, delicious salads that will have you feeling healthy and happy. Divided into chapters that include Fast, Salads for Friends, Family Salads and Lunchbox, this book contains salads for all tastes and all occasions. Whether you're looking for with which to dazzle your friends, or a simple salad to take to the office, this book is a must-have kitchen staple. Recipes include: Pink Herring Salad Ham Hock and Lentil Salad Vietnamese Chicken Salad with Rice Noodles Courgetti with Pesto and Grated Ricotta Salata B with Greens, Pork and Crisp Sweet Potato Black Rice Salad with Peas, Egg and a Curry Dressing Asparague, Couscous, Feta & Orange Lemon Superfood Hot-smoked Salmon, Beetroot, Horseradish & Dill

Following the success of Leon Happy Salads - more than 60,000 copies sold - the Leon team is back, this time with delicious warming in themselves. Leon, the home of naturally fast food, has created a collection of more than 100 all-new, all-smiles soup recipes for Comfort Fast, Bright & Fresh, Posh and Sweet Soups, plus those all-important Sides and Crunchy Tops & Swirly Swirls. Whether you're looking for to take to work or something more elaborate for supper with friends, this book has the answer, with straightforward yet delicious recipes. 'Souping - the new juicing' - the Telegraph

Recovering from the recent suicide of her ex-boyfriend, senior class president Keisha Montgomery finds herself attracted to a dangerous man. Happy Leons: LEON Happy Salads Conran Istanbul

The Green Barbecue

Plant-Based Mexican-American Recipes for Health and Healing

Happy Leons: LEON Happy Salads

Fast Easy Cheap Vegan

The Islands of Greece

Good for Animals, the Earth & All

A collection of simple and delicious recipes from award-winning restaurant Leon that can be pulled together in a flash. 'The dream is to bring really good food at a good price to as many people as possible. It makes Leon sound like a new religion. If so, it's one that can count our judges as among its growing congregation of worshippers.' - Observer Food Monthly Awards The first Leon restaurant, on London's Carnaby Street, opened its doors in July 2004, aiming to change the face of fast food by bringing fresh, wholesome cooking to the high street. Since then Leon has grown to more than 55 restaurants, including in Washington DC.

Leon's food message is a simple and honest one that hasn't changed since the opening of that first branch - cook and eat with the best ingredients available and don't forget the naughty bits that are necessary for a fully-rounded life. Leon Naturally Fast Food is a book of two halves. The first is Fast Food, which contains recipes for every occasion that take a maximum of 20 minutes to prepare: from a work day breakfast and children's meals to simple suppers and party food. The second half is Slow Fast Food, which contains meals that can be made in advance when you have the time, to enjoy when you don't. The wide range of recipes

will satisfy both the experienced cook and the culinary adventurer in search of inspiration.

Rebecca Seal and Steven Joyce have been travelling to the Greek Islands on holiday for years. What draws them back time and time again is the glorious weather, transparent sea, atmospheric villages and delicious cuisine. In *The Islands of Greece*, Rebecca shares her favourite recipes from their travels, ruly celebrating Greece's regional specialties. Simple yet delicious, she captures the very essence of the islands, using fresh produce and classic Greek flavours in remarkable combinations. Feast on classics like stuffed calamari or chargrilled aubergine salad, or experiment with a more modern pork souvlaki with apples and pancetta. For a sweet treat, Rebecca's polenta cake with figs and pine nuts is too hard to resist. Beautiful photographs compliment the delicious recipes in the book, capturing the magic and glitz of these stunning islands, from Crete to Mykonos, Santorini to Rhodes.

From acclaimed cookbook author and illustrator Yvette van Boven, a comprehensive kitchen resource for making hundreds of simple dishes from scratch In her latest cookbook, Yvette van Boven shares step-by-step explanations for the foundational dishes that can transform how you cook and what you eat at home. Accompanied by her signature illustrations and beautiful photography, van Boven offers more than 400 recipes for delightful dishes that tell you how to make everything: simple dressings, vegetables, pastas, gnocchi, tortillas, perfectly poached eggs, and much more. Whether you're new to cooking or an experienced home chef, this cookbook teaches you to make satisfying food without a lot of fuss or complicated ingredients. In her unique and friendly voice, the author guides you through every step of cooking simple, well-made everyday meals. A staple for everyone who loves to cook at home, *Home Made Basics* offers fresh, healthy, and original meals you'll want to make all year round.

With more than 100 sweet and savoury bakes, *LEON Happy Baking* contains recipes for everyone, from the novice cook to the expert baker. Following the LEON principle that what tastes good can also do you good, many of the recipes are sugar-, dairy-, wheat- or gluten- free - so there's plenty to indulge in even if you have a food allergy, an intolerance or an eye on your waistline. New recipes from the LEON menu are combined with favourites from the classic cookbook, *LEON Baking & Puddings*, now with fresh photography.

The bread that launched 1,000 meals, plus salads, stews, and other recipes from Armenia

Heritage Recipes from the Diaspora

Recipes and Stories from the Woods to the Ocean

Leon

Lavash

Communication Between Cultures

Filipinx

LEON, the home of healthy fast food, brings you more than 100 simple, colorful, delicious new recipes to recharge your gut and transform your health LEON was founded on the principle of nourishing the soul with food that nourishes the body - making us happy as a result. In the latest book in the bestselling LEON Happy series, the LEON team have created more than 100 recipes on

eating for a happy, healthy gut. It is not about eating a restrictive diet or depriving yourself of delicious food, but about incorporating gut-friendly ingredients into your daily diet with recipes loaded with natural probiotics, prebiotics and polyphenols. In addition to recipes, LEON Happy Gut Cooking offers the latest advice on improving your gut health, including why we should all use extra-virgin olive oil with abandon and that wine and cheese might actually be good for you.

From the creator of the popular food blog DoughEyed.com and the author of Sugar High: Sweet & Savory Baking in Your High-Altitude Kitchen comes this new guide to baking breakfast foods at elevations above 5,000 feet. Shortlisted, MPIBA's Reading the West Awards (Eating the West) The book begins with a section on essential tools and ingredients for the home baker, plus a primer on adjusting recipes to be successful at altitude. Six recipe chapters offer more than 80 classic and modern recipes, including: Breads (such as classic white bread, savory cheese bread, bagels, and English muffins) Bakery items (think scones, muffins, sweet rolls, coffee cakes, and doughnuts!) Waffles and pancakes (don't miss the cornmeal pancakes, birthday cake waffles, and vegan chocolate pancakes) Toasts (not your ordinary buttered bread, but fresh-baked slices with a variety of sweet and savory additions) Breakfast sandwiches (with all your favorite breakfast and brunch flavors) And egg-based dishes (highlights include a savory quiche and an egg-topped breakfast pizza) Author Nicole Hampton developed many of these recipes to build upon each other as the book progresses. For example, once you learn how to make classic breads, biscuits, pancakes, and waffles, you'll be able to use them as foundations for sandwiches, layered toasts, breakfast casseroles, and more. High-Altitude Breakfast helps you start your day with sweet and savory eats made easy in the kitchen. With this clever book in hand, even at 5,000 feet and above, you can have your cake (perhaps a streusel-topped coffee cake?) and eat it too!

In her debut cookbook, acclaimed chef Angela Dimayuga shares her passion for Filipino food with home cooks. Filipinx offers 100 deeply personal recipes—many of them dishes that define home for Angela Dimayuga and the more than four million people of Filipino descent in the United States. The book tells the story of how Dimayuga grew up in an immigrant family in northern California, trained in restaurant kitchens in New York City—learning to make everything from bistro fare to Asian-American cuisine—then returned to her roots, discovering in her family's home cooking the same intense attention to detail and technique she'd found in fine dining. In this book, Dimayuga puts a fresh spin on classics: adobo, perhaps the Filipino dish best known outside the Philippines, is traditionally built on a trinity of soy sauce, vinegar, and garlic—all pantry staples—but add coconut milk, vinegar, and oil, and it turns lush and silky; ribeye steaks bring extra richness to bistek, gilded with butter and a bright splash of lemon and orange juice. These are the punches of flavor and inspired recipes that home cooks have been longing for. A modern, welcoming resource for this essential cuisine, Filipinx shares exciting and approachable recipes everyone will wholeheartedly embrace in their own kitchens.

The cheekiest way to stay fit without leaving your home! On your marks, get set ... shag! No need for a PT, gym or bootcamp, swap the gym ball for your partner's balls and embrace the horn. Features 60 sexercises with easy to follow instructional diagrams and tips to make getting fit much more fun. All you need is a willing housemate and a mountain of contraception. Select your favourite positions, repeat until you feel the burn.

Eliot's Banana

Cast Iron Vegan

Live Well Bake Cookies

CUCKOO'S EGG

Naturally fast recipes

Modern Vegan and Vegetarian Recipes to Cook Outdoors and In

Happy Leons: Leon Happy Fast Food

Presents a history of alcohol, discussing its social and economic impact and the tensions between those who saw alcohol as a healthy alternative to untreated water and the views of governments and religious bodies, which saw it as a source of social instability.

Whisky is the world's favourite spirit and is enjoying booming sales, yet too often it's shrouded in mystery, myth and complex-sounding terminology. This authoritative book, written by three world experts, gives simple advice on how to seek out and enjoy the immense diversity of flavours and styles on offer, and how to become more adventurous. As with any subject, the more you know, the more you can appreciate and enjoy it. This book aims to equip you with enough knowledge to be able to find your way around the whisky sections of a specialist drinks retailer and to help you feel confident choosing whisky in a bar or restaurant. We aim to demystify whisky without taking away the magic. The history of whisky and production methods are clearly explained, and there is advice on how to nose, taste and savour, as well as a selection of classic whisky cocktails and advice on matching food and whisky. The book covers not just famous Highland malts, Irish pot still whiskeys and American bourbons, but also whiskies from Japan, Canada, Australia and India.

Long-time vegan Bronwyn Fraser, creator of Crumbs and Caramel and trained in food science and nutrition, shares healthy, approachable recipes that can all be thrown together in just your cast iron skillet and Dutch oven. These nutritious dinner-time solutions include quick and easy entrees, filling pastas, soups, salads, breads and sides. Making these recipes in their cast iron skillets or Dutch ovens will help readers ensure more evenly cooked meals, lock in flavor and best of all, frees them from the hassle of a sink-full of dirty dishes. Try comforting plant-based classics like Tater Tot Casserole or warm up a cold day with a cozy, hands-off White Bean, Orzo and Lemon Spinach Soup, which comes together easily in your Dutch oven. Dinner will be ready in a flash, with only one dish to clean, with fast skillet meals like Chickpea Piccata, Egg Roll Stir-fry and Smoky Jackfruit Fajitas with Seared Pineapple Salsa Verde. In this book, vegans and carnivores alike will learn how to create vibrant and delicious plant-based meals in their favorite cast iron appliances.

'Cook yourself healthy and happy!' - the Sunday Telegraph From the very beginning, LEON has asked the question: why can't fast food be delicious and good for you? Well, it can - this book is packed with the quickest recipes from around the world that have been given a healthy-but-flavourful LEON spin. From burgers to baguettes, pizza to pasta and wraps to (jack)wings, Leon Happy Fast Food offers 100 recipes organized into five sections: Breads & Buns, Salads, On the Hob, Grilled & Baked, Sides, Sauces & Rubs and Sweets & Shakes.

Whisky A Tasting Course

Home Made Basics

HIIT: High Intensity Intercourse Training

Simple Recipes, Made from Scratch

Alcohol

Field Notes for Food Adventure

The Good, the Bad and the Future of America's Favorite Meat

NEW YORK TIMES BESTSELLER • A FOOD52 BEST COOKBOOK OF THE YEAR • Join Brad Leone, star of Bon Appétit's hit YouTube series It's Alive, for a year of cooking adventures, tall tales, and fun with fire and fermentation in more than 80 ingenious recipes. Come along with Brad Leone as he explores forests, fields, rivers, and the ocean in the hunt for great food and good times. These pages are Brad's field notes from a year of adventures in the Northeast, getting out into nature to discover its bounty, and capturing memorable ideas for making delicious magic at home anytime. He taps maple trees to make syrup, and shows how to use it in surprising ways. He forages for ramps and mushrooms, and preserves their flavors for seasons to come. He celebrates the glory of tomatoes along with undersung fruits of the sea like squid and seaweed. Inspiration comes from hikes into the woods, trips to the dock, and cooking poolside in the dead of summer. And every dish has a signature Brad Leone approach—whether that's in Sous Vide Mountain Ribs or Spicy Smoked Tomato Chicken, Sumac Lemonade or Fermented Bloody Marys, Cold Root Salad, Marinated Beans, or just a few shakes of a Chile Hot Sauce that's dead simple to make. This is a book about experimentation, adventure, fermentation, fire, and having fun while you're cooking. And hey, you might just learn a thing or two. Let's get going!

How to rewire your brain to improve virtually every aspect of your life—based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices. Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's “softwired” by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life. Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook. Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region. Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

From Scott Lively (aka The Beef Geek), founder of the U.S.'s largest organic beef company, Dakota Beef, comes an essential reference book

and primer to America's favorite meat. This field guide cuts through the bull and serves up juicy facts about the Big Beef industry, arming you with the knowledge you need to make the best choices for you and your family.

Packed with current research and examples, bestselling COMMUNICATION BETWEEN CULTURES, 9E equips readers with a deep understanding and appreciation of different cultures while helping them develop practical communication skills. Part I introduces the study of communication and culture; Part II focuses on the ability of culture to shape and modify our view of reality; Part III puts the theory of intercultural communication into practice; and Part IV converts knowledge into action. This is the only text to consistently emphasize religion and history as key variables in intercultural communication. Compelling examples help readers examine their own assumptions, perceptions, and cultural biases--so they can understand the subtle and profound ways culture affects communication. The ninth edition offers expanded discussions of the impact of globalization, a new chapter on intercultural communication competence, and more coverage of new technology. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

75 Classic Cookie Recipes for Every Occasion

Happy Leons: LEON Happy Soups

Think Your Way to a Better Life

Leon Happy Guts

Don Quixote de la Mancha

Incredible One-Pot Plant-Based Dishes in Your Skillet and Dutch Oven

Happy Leons: Leon Happy One-Pot Vegetarian

Leon, the home of naturally fast food, has created a collection of more than 100 fuss-free, full-of-flavour recipes for main course dishes that you can create with only one cooking pot, pan or baking tray. Whether you are looking for a simple mid-week supper, a quick weekend lunch or something posh (but easy) to serve to friends, this book has the answer. From one-pan pastas to warming tagines, fragrant tray-baked fish and veg to Asian-inspired stir-fries, Happy One-pot is all about the food and not the washing up. Includes recipes that are Naturally Fast, Fresh & Easy, Cosy & Warm, Posh, Low & Slow and Simple Suppers.

The latest book in the LEON Happy series - more than 250,000 copies in print. LEON, the home of naturally fast food, have turned their hand to creating a collection of curries - more than 100 new recipes inspired by dishes from Sri Lanka, India, Thailand and Burma, as well as Kenya, Somalia and the Caribbean. Find fiery, speedy, warming or creamy curries, plus everything you might want on the side, from fluffy flatbreads and perfect rice to crunchy relishes, garlicky greens and tangy pickles. If you want fast fixes with easy wins from a supermarket, or something more fancy for when you have a little more time, you will find them all here. Includes Sri Lankan jackfruit and vegetable curry, Kashmiri lamb rogan josh, Skinny salmon and coconut curry and Katsu chicken curry as well as tasty side dishes and tips for speedy curries and

ingredient swaps.

International Latino Book Award winner, Best Cookbook More than just a cookbook, Decolonize Your Diet redefines what is meant by "traditional" Mexican food by reaching back through hundreds of years of history to reclaim heritage crops as a source of protection from modern diseases of development. Authors Luz Calvo and Catriona Rueda Esquibel are life partners; when Luz was diagnosed with breast cancer in 2006, they both radically changed their diets and began seeking out recipes featuring healthy, vegetarian Mexican foods. They promote a diet that is rich in plants indigenous to the Americas (corn, beans, squash, greens, herbs, and seeds), and are passionate about the idea that Latinos in America, specifically Mexicans, need to ditch the fast food and return to their own culture's food roots for both physical health and spiritual fulfillment. This vegetarian cookbook features over 100 colorful, recipes based on Mesoamerican cuisine and also includes contributions from indigenous cultures throughout the Americas, such as Kabocha Squash in Green Pipian, Aguachile de Quinoa, Mesquite Corn Tortillas, Tepary Bean Salad, and Amaranth Chocolate Cake. Steeped in history but very much rooted in the contemporary world, Decolonize Your Diet will introduce readers to the the energizing, healing properties of a plant-based Mexican American diet. Full-color throughout. Luz Calvo and Catriona Rueda Esquibel are professors at California State East Bay and San Francisco State University, respectively. They grow fruits, vegetables, and herbs on their small urban farm. This is their first book.

Award-winning restaurant LEON brings you more than 100 easy vegetarian recipes that can be made using only one pot LEON is back with a collection of more than 100 fuss-free, full-of-flavor recipes for vegetarian and vegan main course dishes that you can create with only one cooking pot, pan or baking tray. Enjoy simple-to-follow, satisfying recipes that are perfect for any occasion, whether you are looking for a mid-week supper, a quick weekend lunch or something impressive (but easy) for friends or family. From fiery tray bakes to comforting casseroles, LEON Happy One-pot Vegetarian is all about the food and not the washing up. Chapters include Lunchy Brunchy, Fast & Easy, Food for Friends, Light & Simple and Slow & Hearty.

WitchCraft Cocktails

Darkness Before Dawn

Recipes from the Heart of Turkey

The World of Whisky

A History

Naturally Fast Food

Wine from Grape to Glass

The fourth edition of this essential guide is revised and updated throughout. It includes new sections on recent trends in winemaking and coverage of many winemaking regions, including Eastern Europe, the Middle East, South America, China, and Japan.

Walk the streets of Istanbul and you'll see a city of wonderful contradictions: step out of a stylish modern bar and you're likely to turn and find lamb kebabs roasting over coals on a tiny food cart, in the shadow of towering minarets. This fascinating place, where East meets West and Europe borders Asia, inspired Rebecca Seal and Steven Joyce to create *Istanbul*, a food tour of the city. From simple meze dishes to Ottoman-era stews, this book is full of delicious recipes - try roasted aubergines stuffed with spiced lamb, crunchy fennel salad with raisins and sumac, or chicken with almonds and apricots, and be transported to the kitchens of Istanbul. Set against the backdrop of Steven Joyce's food and travel photography, *Istanbul* is a colourful and exciting gastronomical jaunt around one of the world's most fascinating cities. An ode to Armenian food and culture, and the UNESCO-recognized bread of Armenia, Lavash. This cookbook not only reveals how to make ubiquitous and doable flatbread lavash, the UNESCO-recognized bread of Armenia, but also shares 60+ recipes of what to eat with it, from soups and salads to hearty stews paired with lots of fresh herbs. Stunning photography and essays provide an insider's look at Armenia, a small but fascinating country comprising dramatic mountains, sun-drenched fields, and welcoming people. With influences from the Middle East and the Mediterranean as well as from Russia, the food of Armenia is the next cuisine to explore for people who want to dig deeper into the traditions formed at the crossroads between the East and West. Fans of cookbook best sellers like Yotam Ottolenghi's *Jerusalem* and Ottolenghi's *Plenty* exploring the Mediterranean, Middle Eastern, and Russian influences in *Lavash*. • For both armchair travelers and home cooks, this recipe book is as enticing in the reading as its recipes are to the palate • With growing interest in fermentation and the medical benefits of a Mediterranean diet, Armenian food offers a new take on healthy cookbooks and cooking.

Live Well Bake Cookies shares 75 cookie and bar recipes, including both classic favorites and soon-to-be classic favorites that are guaranteed to be the best you have ever had. Danielle Rye, the creator of the popular baking blog Live Well Bake Often, believes that anyone can become a baker, and in this book she will help you do just that by gently guiding you in the kitchen with foolproof recipes for cookies and treats that turn out perfectly portioned and dependably delicious every single time. Recipes include a range of classic, oatmeal, peanut butter, chocolate, seasonal, and Christmas cookies, including: Chocolate Chip Cookies Carrot Cake Oatmeal Cookies Peanut Butter Cup Cookie Bars Double Chocolate M&M's Cookies Iced Maple Cinnamon Cookies Pumpkin Whoopie Pies Apple Cinnamon Snickerdoodles Peppermint Snowball Cookies Frosted Sugar Cookie Bars Complete with helpful tips and tricks, make-ahead and freezing instructions, small-batch recipes, and a gorgeous photograph accompanying every recipe, this cookbook will truly have you living your best baking life.

Rewire Your Brain

101 Recipes You Can Make in 30 Minutes or Less, for \$10 or Less, and with 10 Ingredients or Less!

Taste, try and enjoy whiskies from around the world

Recipes That Are Good for Your Gut

70 Seasonal Drinks Infused with Magic & Ritual

Sweet & Savory Baking at 5000 Feet and Above

The Little Prairie Book of Berries

Wholesome, yummy . . . joyously healthy - The Sunday Times Be pot-prudent with Little Leon: One Pot, the bite-sized collection

healthy and tasty one-pot recipes, from Storecupboard Daube and John's Thai Curry to warming Winter Vegetable Herb Pot Roast and Leon Chilli Con Carne.

Make a difference with every meal: eighty recipes to help you go meatless—or just eat meat less. For the health of humankind, the environment, and the animals that inhabit it, the Jane Goodall Institute presents a collection of recipes to illustrate the how and why of vegan eating. Crafted especially for curious cooks looking to incorporate healthier dietary practices and those interested in environmental sustainability, these eighty recipes gives home cooks the tools they need to take charge of their diet and take advantage of their own community's local, seasonal bounty. Along with colorful food photography, quotes from Jane Goodall interspersed throughout transform this vegan staple into an inspiring guide to reclaiming our broken food system: for the environment, for the animals, and for ourselves. Whether you're interested in reducing your family's reliance on meat or in transitioning to a wholly vegetarian or vegan diet, this book has the information and inspiration you need to make meaningful mealtime choices. Dr. Jane Goodall, a longtime vegetarian and a passionate advocate for animals, invites us to commit to a simple promise with her campaign #EatMeatLess.

The Green Barbecue is the only vegetarian and vegan cookbook you need in 2021. With summer on the horizon, it's time to make the most of the sunny days by sticking on the grill and getting some great food on the barbecue. If prepping a meat-free BBQ seems a challenge, think again: this collection of 75 flavour-packed and mouth-watering recipes is completely meat-free. Whether you're entertaining for vegetarian guests or you're preparing a flexitarian feast, these recipes are quick and easy to make, great for all the family and completely fuss-free. With a wide range of veggie-friendly options, from griddled papaya and charred tenders to crispy barbecue tofu and dill-soused feta.

From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry- Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creat

a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious free meals on the table in no time flat.

Leon Happy Curries

Recipes from Across the Greek Seas

Dirty Vegan: Another Bite

A New Way to Think – and Drink – Whisky

Leon Happy Soups

Happy Leons: Leon Happy Baking

Happy Leons: LEON Happy One-Pot Cooking

NO MEAT, ONLY PLANTS A cookbook for vegans and anyone who wants more plants in their life, **LEON Fast Vegan** is all about delicious food, which just happens to be vegan. Whether you are looking for breakfasts or party food, weekday suppers or ambitious feasts, there is something here for everyone. With 200 recipes, the book is packed with everything from breakfast and brunch dishes to sharing plates and party food, via quick suppers and slow-cooked recipes, and masses of sauces, dressings and nourishing sides, with a generous serving of desserts, cakes, ices and drinks to round off your meal. As ever, healthy fast food chain **LEON** takes inspiration from around the world, with recipes for vegan sushi, Mexican tacos, Vietnamese pancakes and American burgers. The emphasis throughout is on great flavour and keeping things simple.

The best - and most enjoyable - way to find out about whiskies is by drinking them. This truly hands-on handbook takes you on a tasting journey to discover your own personal whisky style, and helps you to expand your horizons so you can find a world of new whiskies to enjoy. Through a series of guided at-home tastings, you'll get familiar with the full spectrum of whisky aromas and flavours on offer - from the smoky tang of Islay peat to the aromatic scent of Japanese oak. Find out how to engage all your senses to navigate the range of malts, grains and blended whiskies and get to grips with different whisky styles. Take a tasting tour of the world's finest makers, including iconic Scottish distilleries and small-scale artisan producers all over the globe. And as you become more whisky-confident, you can break out of your whisky comfort zone. Do you love the honeyed sweetness of a Kentucky Bourbon? If so, why not try a smooth malt that's been aged in ex-Bourbon barrels? Or a creamy, oat-infused Irish craft whiskey? Guides to whisky prices and ages will help you to make smart buys. Discover how to pour, store and serve whiskies and match them with

foods. Learn to mix cocktails, from a classic whiskey sour to your own signature creation. With 20 step-by-step whisky tastings, clear infographics and jargon-busting advice - taste your way to whisky wisdom.

Leon, the naturally healthy fast food chain, was founded on the twin principles that food can both taste good and do you good. In this book, bestselling Leon authors John Vincent and Jane Baxter bring together 100 all-new, all-smiles soup recipes for all the family. Whether you're looking for a simple soup to take to the office or something more elaborate for supper with friends, this book is a must-have kitchen staple. Alongside the recipes, the book is packed with tips and tricks for added extras.

A celebration of some of the lesser-known berries local to the prairie region, including sea buckthorn, haskap, saskatoons, currants, sour cherries, and chokecherries. This little cookbook is all about the berries and small fruits grown in prairie gardens, gathered from U-pick farms, and foraged in the wild. Home cook and accomplished gardener Sheryl Normandeau presents 65 recipes for everything from meat, poultry, and fish dishes, vegetable and grain dishes, to desserts, baked goods, beverages, and preserves (including fruit leather). If you 've ever gathered some of these favourite prairie berries and then wondered what to make, with Normandeau 's help you 'll soon have no trouble putting them to use in easy, fun, and flavourful recipes like: Sea Buckthorn Berry and Earl Grey Tea Cocktail Pan-Fried Salmon with Sea Buckthorn Berry Sauce Saskatoon Berry Cream Puffs Currant Meringue Cookies Haskap Beet Dark Chocolate Brownies Baked Brie with Chokecherry Drizzle Chokecherry Rosewater Jelly Beautifully illustrated, the book also includes instructions for how to make and process jams and jellies, tips for storing and drying berries, and guidelines for successful foraging. Whether you 're new to the prairie region 's flora or have a stockpile of fond roadside berry-picking memories, it 's the perfect go-to and gift.

Leon Fast Vegan

#EATMEATLESS

Recipes for Saskatoons, Sea Buckthorn, Haskap Berries and More

Little Leon: One Pot

Decolonize Your Diet

For the Love of Beef

Before the Internet became widely known as a global tool for terrorists, one perceptive U.S. citizen recognized its ominous potential. Armed with clear evidence of computer

espionage, he began a highly personal quest to expose a hidden network of spies that threatened national security. But would the authorities back him up? Cliff Stoll's dramatic firsthand account is "a computer-age detective story, instantly fascinating [and] astonishingly gripping" (Smithsonian). Cliff Stoll was an astronomer turned systems manager at Lawrence Berkeley Lab when a 75-cent accounting error alerted him to the presence of an unauthorized user on his system. The hacker's code name was "Hunter"—a mysterious invader who managed to break into U.S. computer systems and steal sensitive military and security information. Stoll began a one-man hunt of his own: spying on the spy. It was a dangerous game of deception, broken codes, satellites, and missile bases—a one-man sting operation that finally gained the attention of the CIA . . . and ultimately trapped an international spy ring fueled by cash, cocaine, and the KGB.

*** TO ACCOMPANY THE NEW BBC SERIES ** From the ex-presenter of the cult TV show Dirty Sanchez, Matt Pritchard, comes the accompanying book to the BBC's leading vegan cookery programme, Dirty Vegan. Returning to screens for a second season, Matt shows you just how easy and cheap it can be to go vegan and how the right nutrition can help you perform better in all aspects of life. Discover more than 80 brand new recipes for proper healthy vegan food. This time including chapters such as: Super Quick Midweek Meals, Comfort Food, Classics and Food with Legs (for when you need that extra bit of energy). Recipes include: Crispy Peking Jackfruit Pancakes Fast Falafel with Carrot Salad & Harissa Tahini Winter Root Caesar Salad with Crispy Capers Roasting Tray Laksa Tofu Katsu Curry Spiced Chocolate Cake with Maple and Cashew Cream ** Praise for Dirty Vegan ** 'This book is packed with uncomplicated, delicious recipes' - BBC Good Food 'Dirty Vegan's hearty, casually presented and flavour-packed recipes should find universal appeal' - Waitrose Magazine 'Vegan food is far from boring and doesn't mean you have to sacrifice your favourite indulgent treats. Which is why we'll be whipping up some of the seriously tasty dishes in Dirty Vegan' - Heat Magazine*

A stunning collection of 70 witchcraft-inspired drink recipes with inspiration for creating your very own spirited cocktails to benefit your practice. For centuries, witches have been using spirits of all forms during rituals and celebrations. Now,

today's modern witch can learn how to make the perfect powerful witchcraft cocktail. All you need is a delicious and easy recipe, a bottle of your favorite booze, and a desire to get witchy. In *WitchCraft Cocktails*, you will find 70 recipes for alcohol-based beverages that are sure to help you in your craft. Designed for healing, spells, offerings, and just plain fun, there's nothing these boozy drinks can't do! Need a love potion to help woo your lover? Maybe a tincture to heal a cold? Or perhaps you're looking for the perfect witch-themed signature cocktail to serve at your next gathering. Regardless of what you're looking for, this book has you covered and includes tips on how to use your witch's brew to further your practice—and have fun!

Things should be peachy. Junie isn't entirely sure what her problem is. She's just moved into a Brooklyn apartment with her cool longtime boyfriend Leon, a drummer who adores her. She flits through a string of temp jobs in funky thrift store clothes. But beneath her veneer of quirky humor there's a nagging feeling of dissatisfaction about her life. She's about to go bananas. When Junie meets Eliot, who is twice her age, and his cat, Alfie, at the vet's office, she's convinced she's found the zest missing in her life. A burnt-out sci-fi writer in search of a muse, Eliot is apples to Leon's oranges. It's not long before Junie's standing in his kitchen being offered a banana...and then some. Losing herself in the mayhem of a fling, Junie slowly realizes that kinky diversions are a poor distraction from what's really eating her. Only when she stops obsessing about Eliot and starts peeling away the layers of her family's past will she see that what she really wants has been waiting for her all along...and that her future's ripe with possibilities.

High-Altitude Breakfast