



# The Food You Crave: Luscious Recipes for a Healthy Life

By Ellie Krieger

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**The Food You Crave: Luscious Recipes for a Healthy Life** By Ellie Krieger

2009 IACP Winner

## ***Health and Special Diets Category***

Cookbooks and diet books that focus on healthful eating, nutrition, dietary concerns and special or restrictive diets.

**And The James Beard Foundation 2009 Award** in the Healthy Focus category.

For author Ellie Krieger -- and also host of the Food Network's *Healthy Appetite* -- good health isn't about deprivation, it's about good choices.

From appetizers to desserts, Ellie has a recipe to satisfy your every craving, whether it's for creamy mashed potatoes or luscious chocolate pudding. She offers up tasty ideas for healthy grab-and-go breakfasts and mid-afternoon snacks. You'll find useful tips on ingredients, going organic, and easy ways to change your eating habits. Plus each recipe comes with a complete nutritional analysis.

But this book is much more than a collection of recipes. It's a new way of looking at food -- a fresh approach to eating that gives you the flavor and satisfaction you crave in a healthier way.

Here's a little taste of the philosophy behind every delicious recipe in *The Food You Crave*.

- ***Moderation*** -- Not only in portion size, but you'll find healthy suggestions about which ingredients should be used "Usually," "Sometimes," and "Rarely"
- ***Keeping it Fresh*** -- Most of the recommended foods and ingredients are fresh -- as close to their original state as possible -- which makes them tastier and healthier

## ***Keeping it Real***

- -- Recipes steer clear of foods with artificial additives or a list of ingredients that read like a chemistry experiment -- to protect your health

In ***The Food You Crave***, you'll find dozens of healthy recipes that are bursting with flavor -- for everyday meals that will make you feel great.

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## **The Food You Crave: Luscious Recipes for a Healthy Life By Ellie Krieger Bibliography**

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### **Editorial Review**

#### **Review**

"Ellie Krieger, host of the Food Network show "Healthy Appetite," provides healthful, crave-busting recipes in her recently released *The Food You Crave*. Designed to combat cravings, each recipe provides sources of essential nutrients. We tried several that were both good and good for you." -- Joanie Fuson, *IndyStar.com*

#### **About the Author**

Ellie Krieger is the host of the popular show *Healthy Appetite*, which airs on the Cooking Channel, and the author of the *New York Times* bestsellers *So Easy* and *The Food You Crave*.

### **Users Review**

#### **From reader reviews:**

##### **Jesse Linder:**

This The Food You Crave: Luscious Recipes for a Healthy Life is great e-book for you because the content that is full of information for you who also always deal with world and still have to make decision every minute. This book reveal it info accurately using great coordinate word or we can state no rambling sentences included. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with beautiful delivering sentences. Having The Food You Crave: Luscious Recipes for a Healthy Life in your hand like obtaining the world in your arm, data in it is not ridiculous a single. We can say that no guide that offer you world within ten or fifteen tiny right but this book already do that. So , this can be good reading book. Hi Mr. and Mrs. occupied do you still doubt which?

##### **Richard Reardon:**

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##### **Stacie Logan:**

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look for some information because it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this The Food You Crave: Luscious Recipes for a Healthy Life can be the light food in your case because the information inside this specific book is easy to get by means of anyone. These books develop itself in the form which can be reachable by anyone, yep I mean in the e-book web form. People who think that in reserve form make them feel sleepy even dizzy this guide is the answer. So there is no in reading a book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book type for your better life along with knowledge.

#### **Kenneth Copeland:**

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