



OMG! I can eat that? Indulgent Food Minus the Boombah

Jane Kennedy

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From Australia's favourite new health-food chef comes the follow up to the bestselling Fabulous Food Minus the Boombah. Like most of us, Jane Kennedy can't eat anything she wants because she gets FAT. After having five children in six years and trying every fad diet known to man in an attempt to shift excess weight, Jane decided to take matters into her own hands. A lifetime love of cooking, teamed with a refusal to give up the flavours of her favourite meals, led Jane to develop her own dishes that are delicious but also good for you. In Jane's second book, OMG! I can eat that?, she shares some of her favourite recipes, just without all the unwanted fat. Chapters include Nibbles, Soups, Piemakins, Chicken & Duck, Beef, Lamb & Pork, Fish & Seafood, Comfort Classics, Vegetables and Dessert. And these recipes aren't your typical 'diet' recipes either, with delicious meals such as Chicken, Leek and Mushrooms 'piemakins' (pies in ramekins minus the pastry), Beef Bourguignon, Boombahfree burgers, and even sweet treats like Rhubarb and strawberry crumble, you'll forget you're even eating food minus the boombah!

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Shawn Farr:

Have you spare time to get a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the Mall. How about open or even read a book entitled OMG! I can eat that? Indulgent Food Minus the Boombah? Maybe it is being best activity for you. You recognize beside you can spend your time using your favorite's book, you can better than before. Do you agree with it is opinion or you have various other opinion?

William Chapman:

Exactly why? Because this OMG! I can eat that? Indulgent Food Minus the Boombah is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret the idea inside. Reading this book beside it was fantastic author who all write the book in such awesome way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I had been you I will go to the reserve store hurriedly.

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