



Gordon Ramsay's Healthy Appetite

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You are what you eat — and everyone wants to be healthy and look his or her best. A fit chef, marathon runner, and high-energy television presenter, Gordon Ramsay is a walking advertisement for eating well and staying in the peak of good health. In this new book, which includes recipes from *The F Word*, he has put together over 100 dishes that reflect the way we want to eat today. Geared around our daily lives, the book offers sensible, fun ideas and recipes for healthy breakfasts, lunches, barbecues, suppers, desserts, food for kids, and entertaining, and demonstrates how to cook for both health and flavor. Recipes include Mango and Smoked Chicken Salad, Griddle Squid with Roasted Peppers and Cannellini Beans, Wild Mushroom Risotto with Baked Courgettes, and Roasted Peaches with Vanilla and Spices. Featuring colorful photographs and clean modern design, this is a worthy follower to the successful *Gordon Ramsay's Fast Food*.

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