



# Slimming World Four Seasons Cookbook

*Slimming World*

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## **Slimming World Four Seasons Cookbook** Slimming World

There's a wealth of wonderful fresh food produced on our doorstep, but how many of us really make use of it? In fact, how many of us actually know what's produced and when?

Well, the people at Slimming World have made it easy, and this fantastic recipe book offers a wide variety of seasonal dishes that make use of ingredients at the appropriate time of year. And, as each recipe fits perfectly within the Slimming World diet plan, now dieters can simply turn to the section dealing with spring, summer, autumn or winter and find something healthy to cook that makes use of readily available ingredients at the peak of freshness.

During the cold, dark days of autumn and winter, what could be better than warming borscht, soufflé jacket potatoes, roasted soy duck breasts or spiced bean stew with feta? As the days get longer and warmer you can feast on lighter dishes, such as baked egg timbales, pan-cooked skate with bacon, broad bean and lemon risotto, asparagus with minted couscous or any of the delicious salads.

Of course, dessert recipes haven't been forgotten. You can indulge yourself with treats such as chocolate, coffee and cognac mousse, blackberry and pear crumble, gooseberry fool, or orange and saffron cake, secure in the knowledge that these, and all the other recipes in the cookbook, are healthy, delicious, absolutely in season and all part of Slimming World's highly successful Food Optimising programme.

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