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Eat Smart: What To Eat In A Day - Every Day



Synopsis

Niomi Smart's passion is healthy food and her most popular YouTube video series, What I Eat in a Day, inspires a global audience of millions to look, live and feel better. Now, for the first time, she has compiled all of her favourite recipes into a cookbook to show you the smart way to eat. Niomi's food is for everyone. Like her recently launched snacking service for the health conscious, SourcedBox, she focuses on natural food, using everyday ingredients that will work wonders on your well-being. And all her recipes are simple to make and can fit into your daily life. Already an online phenomenon, Niomi creates recipes for anyone who wants to feel amazing from the inside out, covering: breakfasts, lunches, dinners, desserts, snacks, baked treats and drinks, she offers a really easy way to eat delicious, healthy food at every mealtime. Wake up to a Tropical Smoothie Bowl, for example, whip up a Roasted Fennel, Lentil and Fig Salad for lunch, and finish off the day with a Mauritian Curry with Coconut and Coriander Rice, inspired by her travels. And with plenty of snacks and desserts to feast on too – try Niomi's Beetroot Cake with Chocolate Ganache or a Salted Caramel Ice Cream – you'll be surprised just how delicious eating smart can be.

Book Information

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Customer Reviews

I only have good things to say about this cookbook. Before I bought it I wondered whether it would be the type of cookbook where the ingredients are hard to source. However upon buying it I was impressed that I was able to make one of the recipes that very night with ingredients I already had in the fridge and cupboard. I do not eat a plant based or vegan diet but I was impressed by how normal these recipes were. I look forward to trying more and trying some new ingredients with health benefits. Massive well done to Naomi!

Have just received my book today. Took longer than expected but isn't really a big deal considering I live in the U.S. so it was shipped internationally. The book is beautiful although a little different than I expected. It feels very personal. I love the bits about her, the acknowledgements, and her staples definitions. I went to culinary school and still found this nice to have. I would assume most of us are coming from YouTube so you should know somewhat what to expect. I read somewhere that some items seem overused or over priced and I have to say I fully disagree. Most of the recipes seem simple enough and there is a really nice variety. As far as price, you don't have to go to an expensive whole foods store to get everything. I've seen things like pink Himalayan salt at every Marshalls for super cheap so you shouldn't be scared off. Happy to finally have this and can't wait to begin cooking!

It becomes my bible for cooking as I thought becoming began is so difficult. I really want to make these recipes especially the desserts!

Gorgeous book!! Absolutely beautiful.. the layout is great I love the breakdown of all the superfoods, spices, herbs, etc. I just received this book yesterday and was not expecting a cookbook to be this amazing. Beautifully designed thank you Niomi!

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