

101 Hangover Recipes Beat the booze with these tasty recipes for morning-after munchies



BOOK DETAILS

- Author : Dan Vaux-Nobes
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BOOK SYNOPSIS

Give your hangover the boot with 100 recipes for breakfast hunger-busters, healthy smoothies, hair of the dog cocktails, sweet treats and more. Hangovers, we all handle them differently—some prefer to face the pain head on while others like to hide under the covers, letting out the occasional pathetic moan and praying it will all be over soon. But whatever your preferred course of action, no doubt food and drink will play a key part in your recovery. And that's where 101 HANGOVER RECIPES comes in. Containing a plethora of ideas for beating away the booze that's plaguing your system, find ideas for everything from breakfast treats like the triple chocolate pancakes and the super-quick brunch quesadilla to belly-stuffing comfort food for when you finally muster the energy to drag yourself from the sofa to the kitchen. All types of boozehounds are catered for, from lightweight luses to heavy hitters, so you're guaranteed to find the perfect drink or dish to suit your mood. If you're a health-conscious sort who is keen to treat your body like a temple (albeit one that's been attacked by a marauding horde of Mexican tequila shots and Bavarian Jägerbombs) you will find recipes for superfood salads and re-energizing juice drinks. If you're more inclined to wallow in your bed, swearing on your mother's life that you'll never so much as look at a bottle of vodka again, we have quick fixes that minimize the time spent cooking and maximize your potential to fester in bed. And if you're keen to flip the bird to that woodpecker happily drilling into the center of your skull you'll love the chapter on restorative hair of the dog cocktails that will have you back on your feet and necking beers like a legend in no time.

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