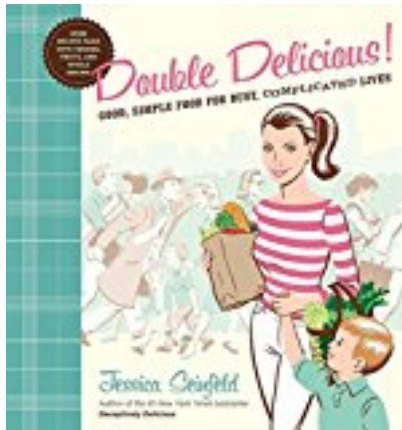


# Double Delicious Good Simple Food for Busy Complicated Lives

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## BOOK DETAILS

- Author : Jessica Seinfeld
- Pages : 208 Pages
- Publisher : William Morrow Cookbooks
- Language : English
- ISBN : 0062247387



## BOOK SYNOPSIS

The follow-up to the #1 New York Times bestseller *Deceptively Delicious* goes beyond purees and kids foods to make family mealtime more delicious, more wholesome, and simpler than ever. In her bestselling book *Deceptively Delicious*, Jessica Seinfeld inspired millions of parents to improve their kids eating habits by giving everyday classics a nutritional boost with hidden vegetable purees. Now in *Double Delicious!*, she's turned her attention to the whole family. Here are more of her easy, imaginative recipes that use the power of purees to make everything healthier, from a hearty Turkey Meatloaf to an irresistible Tiramisu. Again, she's raised the bar nutritionally and eliminated unnecessary sugar and fat, boosted fiber and nutrients, and cut way back on sodium to bring us more healthful food with fantastic flavor. (She's even developed a Chocolate Peanut Butter Pie that nutritionist Joy Bauer loves!)

### **DOUBLE DELICIOUS GOOD SIMPLE FOOD FOR BUSY COMPLICATED LIVES**

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