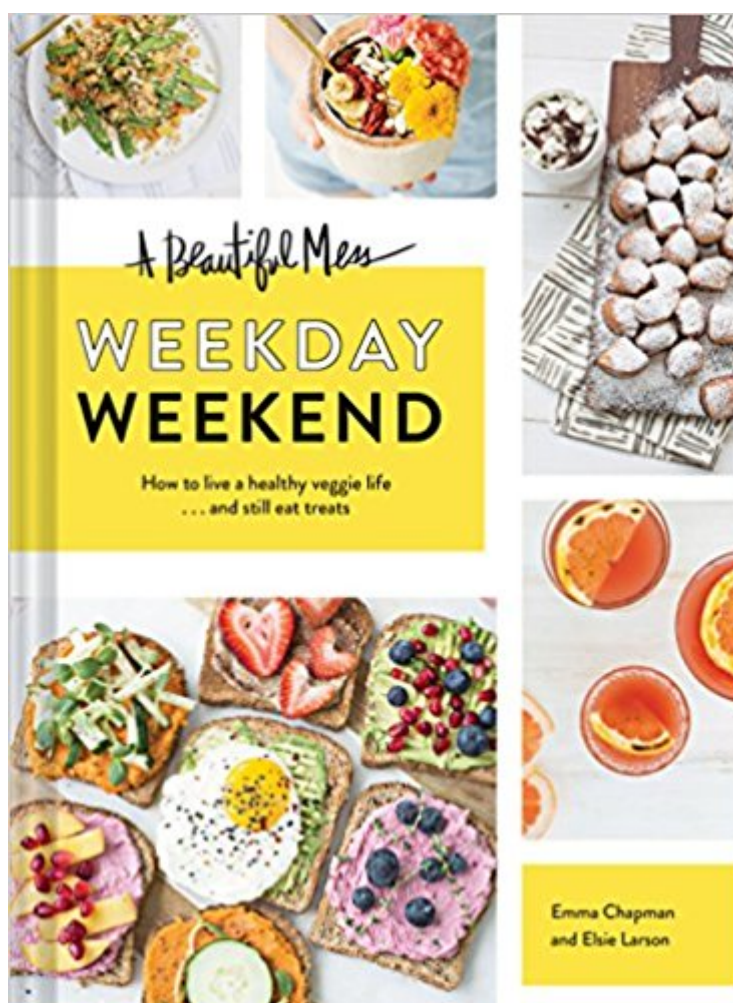


The book was found

A Beautiful Mess Weekday Weekend: How To Live A Healthy Veggie Life . . . And Still Eat Treats



Synopsis

A Beautiful Mess is one of the most popular DIY style blogs in the world, with more than 1 million readers. Co-creators (and sisters) Emma Chapman and Elsie Larson share their unique and approachable diet with fans and healthy eaters in this, their first cookbook. Their philosophy involves eating responsibly during the week—avoiding refined flours, sugars, alcohol, and dairy—and indulging on weekends. Vetted by nutritionists and divided into four parts (breakfast, meals, snacks and sweets, and drinks), each containing a weekday and weekend chapter. Featuring an attractive textured case vibrant photographs, this one-of-a-kind book makes a special gift for yourself or a friend looking for a lifestyle change—or simply more healthy and delicious go-to recipes!

Book Information

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Customer Reviews

Eat Well and Feel Well Recipes built for a healthy lifestyle... and plenty of space for indulgences!

Stacked Apple and Kale Salad Recipe In a food processor, pulse the pistachios until well chopped. You can do this by hand if you prefer, but we're going for well chopped here, not a rough chop. You want the pieces quite small so you don't have a big crunch in the salad—but be careful not to over process them, or they'll get buttery. Set aside. In a large bowl, stir together the mayo, honey, lemon juice, and garlic. Taste and adjust the seasoning with salt and pepper. Add the kale to the bowl and

stir so all the kale pieces are well coated in the dressing. Peel and core the apple, making sure the entire stem and all seeds have been removed. Then cut the apple into 8 slices. If you are not going to stack your salad then after peeling and removing the core you can simply cube the apple into bite-sized pieces. To serve, place 1 slice of apple on each of 2 salad plates. Top each with a big spoonful of dressed kale, and then a sprinkle of pistachios. Repeat the entire process until 2 servings are completely plated. Serve immediately. Note Rinse and pat dry the kale. Remove the big center veins as well as any other veins that don't excite you to chew through. Really chop the kale into very small pieces and give it all a big squeeze with your clean hands. Some recipes will instruct you to massage kale to soften it a bit, and that's exactly what we are going for by giving it a good squeeze.

Ingredients 1 1/2 cup [35 g] shelled pistachio nuts 1 1/2 cup [60 g] mayonnaise 1 Tbsp raw honey 1 Tbsp fresh lemon juice 1 clove garlic, minced Salt and freshly ground pepper 2 1/2 cups [45 g] chopped kale 1 Granny Smith apple

About the Authors A Beautiful Mess is the blog founded by sisters Emma Chapman and Elsie Larson. Emma lives in Springfield, Missouri, and Elsie lives in Nashville, Tennessee.

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