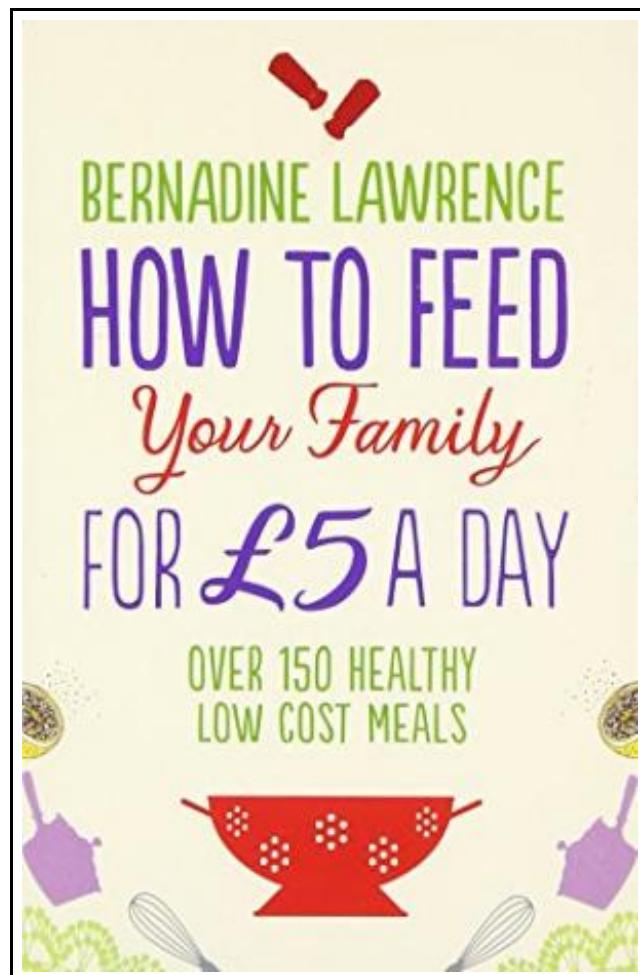


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HarperCollins Publishers, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. This kitchen classic has been fully updated with 50+ simple, delicious new recipes. This definitive guide to producing cheap, healthy meals is ideal for busy mums and kitchen novices, proving that you can still feed a family of four for GBP5 a day if you shop with care and make nutritious ingredients the foundation of every meal. Whether you're looking for a quick dinner such as Lemon Honey Lamb Shoulder with Potatoes and Fresh Thyme or Autumnal Black-Eyed Bean Stew with Dumplings, an old-school classic like Bread and Butter Pudding, or a breakfast full of flavour and energy like Golden Apricot Granola, Bernadine caters for every taste and lifestyle. Bernadine has had over two decades experience of cooking for a family on a budget, and knows what really works. Her recipes are child-friendly and she has a wealth of practical tips on how to stick to an incredible GBP35 groceries budget, use up leftovers and prevent food waste. Complete with a weekly meal planner and a guide to show which fruit and vegetables are in season, Bernadine is an expert on creating tasty meals out of nothing that you will return to time and again. No hard-to-find ingredients, no complicated recipes, just honest, wholesome food from a cook who understands families and really will save you money.

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