



Cravings: Comfort Eats and Favourite Treats

Debbie Harding

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There's nothing wrong with lusting after certain foods if you do it mindfully. Rediscover the joys of your favourite decadent dishes, guilt-free, with chef Debbie Harding's delicious, easy-to-follow recipes.

Debbie Harding's approach is simple: recipes that excite and tantalize while giving you the tools and information you need to control everything that goes into your food. *Cravings* includes recipes to satisfy every taste, from salty and sweet to spicy and crispy, and even savoury. To help you along, we've included:

- Nutritional information for every recipe
- A beverage pairing suggestion for each dish
- A list of recommended ingredient brands
- Easy-to-use conversion charts

Debbie encourages indulging responsibly while reminding you that it's okay to celebrate life's big and small occasions with the foods you truly love.

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