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S Fast Days

Having found real results sticking to the 5:2 way of eating, Elly shares some of her favourite, most exciting recipes for eating well and enjoying food on both fast days and feast days. Elly Pear: Fast Days and Feast Days is a collection of more than 100 of Elly ' s favourite recipes from both fast days and feast days, her home kitchen and her café, inspired by world cooking but always with an eye on the local greengrocers.

Elly Pear ' s Fast Days and Feast Days: Eat Well. Feel Great ...
Having found real results sticking to the 5:2 way of eating, Elly shares some of her favourite, most exciting meat-free recipes for eating well and enjoying food on both fast days

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Elly Curshen, founder of Bristol 's Pear Café, better known as Elly Pear and author of Sunday Times bestseller, 'Fast Days and Feast Days' (2016), is passionate about encouraging people to cook from scratch and try new things. Her bright, inventive, meat free cooking is influenced by world cuisine but always with an eye on the local greengrocers. Her second book, Elly Pear's Let's Eat! (2017) was an Amazon No1 bestseller (across ALL books!) following

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her appearance on Channel 4 ' s Sunday ...

About @ellypear — The Pear Cafe

Elly Pear's Let's Eat: Simple, delicious food for everyone, every day Elly Curshen. 4.5 out of 5 stars 57. Hardcover. £9.99. Usually dispatched within 1 to 4 weeks. Elly Pear ' s Fast Days and Feast Days: Eat Well. Feel Great. All Week Long. Elly Curshen. 4.3 out of 5 stars 97. Hardcover. £15.56. Eat Green: Delicious flexitarian recipes for ...

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