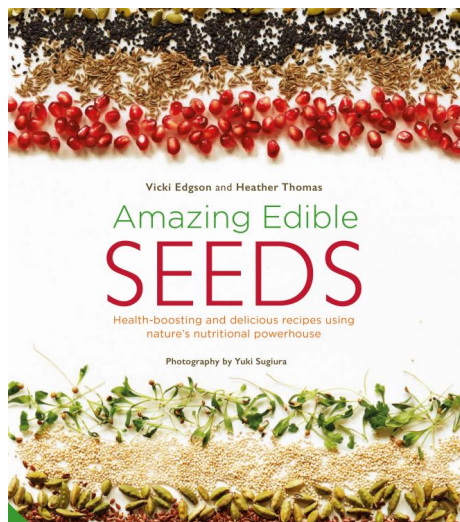




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AMAZING EDIBLE SEEDS

HEALTH-BOOSTING AND DELICIOUS RECIPES USING NATURE'S NUTRITIONAL POWERHOUSE

By Vicki Edgson and Heather Thomas

- Mouth-watering images show the textures and luscious colours that seeds can bring to cuisines from around the world. Gorgeous photographs of familiar favourites and fresh combinations, sweet and savoury, compete to tempt you into the kitchen.
- Vicki Edgson, co-author, is also one of the authors of the bestselling *Honestly Healthy*, which has sold almost 70,000 copies in the UK
- Seeds are appearing in menus, recipes, healthy-eating and dietetic guides everywhere – and for good reason. These nutritional powerhouses are loaded with dietary fibre, protein, healthy fats, vitamins, minerals, and antioxidants that can have enormous health benefits. Now is the time to bring seeds into your kitchen and discover delicious ways to harness their goodness.
- Best-selling cookery writers Vicki Edgson and Heather Thomas combine their considerable talents in this timely guide. They sort the buckwheat from the cardamom and the poppy from the pumpkin, and set out the history, potential health benefits and astonishing versatility of 20 essential seed varieties.
- A vibrant collection of recipes shows how to use seeds in a range of tempting and satisfying dishes, from snacks and treats through breakfasts and brunches, salads, seedy suppers, to baking and irresistible desserts. Alternative ingredient suggestions will inspire you to experiment.

Trained nutritionist Vicki Edgson and experienced food writer Heather Thomas set out the origins, nutritional make-up and health benefits of 20 seed varieties before exploring their diverse and delicious culinary uses. With more than 50 recipes that demonstrate the amazing versatility of these small, nutrient-packed ingredients, *Amazing Edible Seeds* offers numerous ways to enjoy seeds, from sprinkling them over salads or your breakfast bowl, to the more unexpected and adventurous applications to stews, risottos and desserts. The comprehensive list of seeds in the book includes caraway, coriander, hemp, mustard, alfalfa, cardamom, cumin, fenugreek, nigella, pomegranate, vanilla, fennel, poppy, pumpkin, sunflower, buckwheat, chia, flaxseed, quinoa and sesame, all of which are split into specific seeds groups. The recipes in this book are bursting with flavour and colour, and international in their origins and appeal. There are traditional dishes and old favourites as well as innovative ideas that reflect current food trends. Suggested alternative combinations will inspire you to experiment further, and cater for plant-protein purists as well as those with wider-ranging appetites.

Author Information

VICKI EDGSON was a practising nutritional therapist for over 20 years. She has written and co-authored 10 titles on nutrition/health and fitness, including the best-sellers *Honestly Healthy* and *Honestly Healthy for Life*, and contributed to many leading magazines and online forums including *Harper's Bazaar*, *Tatler*, *Red*, *Elle*, *Women's Health*, *Healthy*, *Cosmopolitan*, and *Psychologies*. She co-founded The Food Doctor business and has worked with health-food companies including *Honestly Healthy*, *Abel & Cole* and *Bounce Foods*. She has appeared on television in *Fat Nation* for the BBC and *Diet Doctors* for Channel Five, and contributed to the BBC's *Breakfast Show* and ITV's *Lorraine*.

HEATHER THOMAS has been eating and enjoying seeds and plant proteins since she shared a house with five vegetarian Quakers at university and learnt to cook. A food writer and editor, she is the author of several best-selling cookery books, including *The New Vegetarian Cookbook* with the Vegetarian Society and *Broth* (co-author Vicki Edgson), and has worked with many top chefs, slimming companies and women's health organisations, as well as contributing to health and food magazines in the UK and the US.