



The Happy Pear: Healthy, Easy, Delicious Food to Change Your Life

David Flynn, Stephen Flynn

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'The poster boys for a healthy way of life' *Sunday Times*

'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' *Irish Times*

Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food.

Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour.

The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars.

David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community.

'A beautifully presented book with mouthwatering photography' *Woman's Way*

'A must-have for any keen cook who's interested in nutrition' *Irish Daily Mail*

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