



The Split Apple Thoughtful Food Cookbook: Fast, Fuss-Free Food That Will Keep You Forever Young

Anne Pen Lee

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The Split Apple Thoughtful Food Cookbook is a book for anyone looking for a healthier lifestyle and diet, presenting enticing and easy-to-cook dishes that look great, taste delicious and leave you feeling the best you possibly can. Its recipes range from adaptations of long-time family favourites with simple substitutions of a few key ingredients, to exciting, novel dishes that will thrill the tastebuds and inspire more ambitious creations.

And where it differs from any other cookbook is that it's written by a doctor who used food to help beat cancer, employing recipes backed by years of scientific research, and brought to life by an inspired and imaginative cook.

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