



# OMG! I can eat that? Indulgent Food Minus the Boombah

*Jane Kennedy*

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## **OMG! I can eat that? Indulgent Food Minus the Boombah** Jane Kennedy

From Australia's favourite new health-food chef comes the follow up to the bestselling Fabulous Food Minus the Boombah. Like most of us, Jane Kennedy can't eat anything she wants because she gets FAT. After having five children in six years and trying every fad diet known to man in an attempt to shift excess weight, Jane decided to take matters into her own hands. A lifetime love of cooking, teamed with a refusal to give up the flavours of her favourite meals, led Jane to develop her own dishes that are delicious but also good for you. In Jane's second book, OMG! I can eat that?, she shares some of her favourite recipes, just without all the unwanted fat. Chapters include Nibbles, Soups, Piemakins, Chicken & Duck, Beef, Lamb & Pork, Fish & Seafood, Comfort Classics, Vegetables and Dessert. And these recipes aren't your typical 'diet' recipes either, with delicious meals such as Chicken, Leek and Mushrooms 'piemakins' (pies in ramekins minus the pastry), Beef Bourguignon, Boombahfree burgers, and even sweet treats like Rhubarb and strawberry crumble, you'll forget you're even eating food minus the boombah!

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#### **Billy Benitez:**

OMG! I can eat that? Indulgent Food Minus the Boombah can be one of your starter books that are good idea. We recommend that straight away because this reserve has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into joy arrangement in writing OMG! I can eat that? Indulgent Food Minus the Boombah but doesn't forget the main level, giving the reader the hottest and also based confirm resource info that maybe you can be one among it. This great information could drawn you into fresh stage of crucial contemplating.

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