

## The Little Green Spoon Deliciously Healthy Home Cooking To Share And Enjoy

### Episode 7: With The Little Green Spoon, Indy Power

~~Paleo Blueberry Banana Bread White Chocolate Bark with Salted Pistachios- The Little Green Spoon Autumn Quinoa Salad How To Make Meatballs - Delicious Homemade Meatball Recipe #mrmakeithappen #meatballs Creamy Cashew Fudge- The Little Green Spoon Creamy Sesame Noodles Perfect Turkey Burgers Eason Exclusive Interview: Indy Power Reese Witherspoon's favorite green smoothie recipe courtesy of Kerry Washington Philips Airfryer Gordon Ramsay Turkey Sliders Recipe Air Fryer BBQ Chicken - Easy Air Fryer Recipe - Sweet Baby Ray's Barbecue sauce Air Fryer Recipes You'll Be Addicted To (Vegan Classics) I Tested Amazon's Best-Selling Air Fryer • Tasty PHILIPS AIR FRYER TIFFIN BOX BIRYANI (DHABBA BIRYANI) 6 NEW Awesome Air Fryer Recipes 4 EASY Air Fryer Recipes for beginners! KETO AIR FRYER | Easy Air Fryer Breakfast Recipes | air fryer hard boiled eggs | air fryer pancakes Gordon Ramsay's Simple Christmas Recipes | Festive Home Cooking Air Fryer Fried Chicken | Step by Step Easy Healthy Fried chicken Pea \u0026 Feta Salad with Mint Pesto- The Little Green Spoon Thanksgiving in Appalachia \u0026 the Best Rolls Ever!~~

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The Little Green Spoon includes over 100 gorgeous and healthy everyday recipes that don't compromise on anything, least of all taste! Indy Power aims to make mealtimes as simple as possible, and has marked every dish with vegan, paleo, gluten-free and dairy-free symbols so that you can easily identify the perfect food to suit the way you choose to eat.

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~~Recipes - Little Green Spoon~~

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~~Pantry - The Little Green Spoon~~

**Yesterday I received a copy of Little Green Spoon from Ireland. It is a beautiful book from Ebury Press with easy, healthy recipes that inspire young and old. I am going to try several of them this month: Sophie's Chicken Kiev, Almond Chicken Satay, Sun-dried Tomato and Pistachio Pesto, and Pecan Pie Spread.**

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### ~~Little Green Spoon – Eat to feel good~~

Many of us have great intentions of preparing and cooking meals that are as healthy as they are tasty, but often, life gets in the way to the point where it's just easier to stick to old habits. With her new book, *The Little Green Spoon: Deliciously Healthy Home-Cooking to Share and Enjoy*, Irish cook Indy Power plans to change all of that. Indy's food philosophy is based on the premise that the way we eat and the ingredients we choose to use transform the way we look and feel, and this ...

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### ~~The Little Green Spoon by Indy Power | Waterstones~~

1 Cup of Gluten Free Oats (100g) 1 Cup of Flaked Almonds (100g) 1/2 Cup of Pecans, Roughly Chopped (50g) 1 Teaspoon of Cinnamon; 1/4 Teaspoon of Nutmeg

### ~~Christmas Spice Granola – The Little Green Spoon~~

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Instructions. Chop the onion and salmon fillets into a few big chunks and add them to your food processor. Add in the egg, ground almonds, all of the spices, salt and lime juice too. Pulse it a few times until everything is broken up and comes together. It should be a bit mushy, but still have some chunks (don't overblend).

### ~~Cajun Salmon Burgers - The Happy Foodie~~

Put the dates in a bowl and pour boiling water over them, leaving them to soak for about minutes. Add the drained dates to your food processor with the melted coconut oil and cacao powder. Blend on high until smooth (ish!) then transfer to a bowl. Pour in the granola, apricots and nuts and mix well.

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