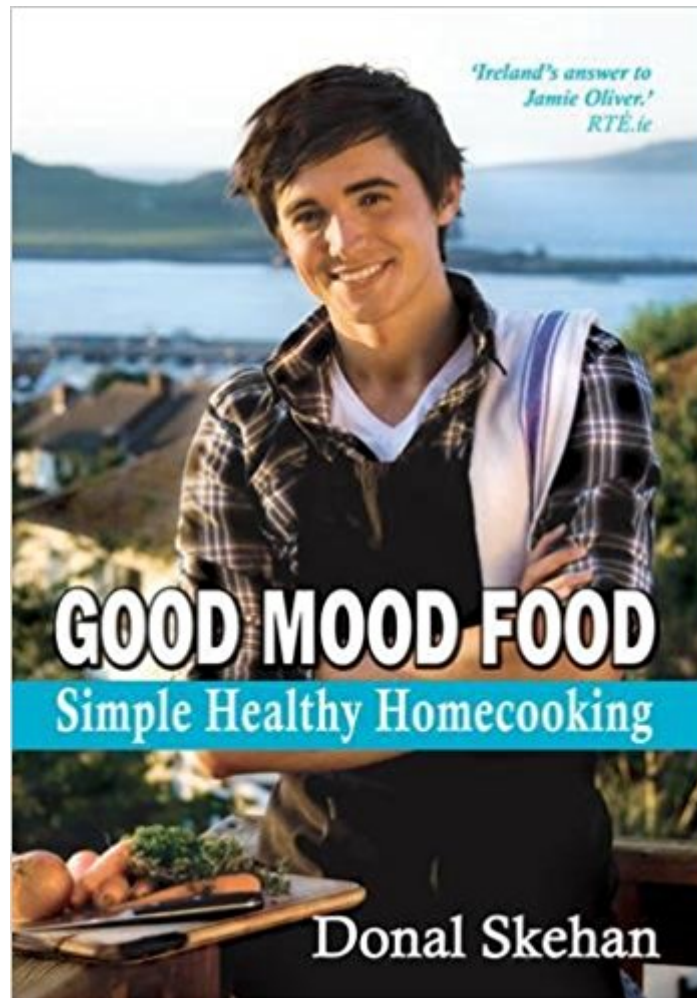




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# Good Mood Food: Simple Healthy Homecooking



## Synopsis

Keeping an open mind and a positive approach to what you eat is one of the most important steps when it comes to improving your health. The Good Mood Food approach to cooking is straightforward and full of health benefits by improving your mood, sleeping patterns, energy levels, and mental state. With delicious recipes for Gazpacho Salad, Sesame Chicken Satay Skewers, Real Baked Beans with Focaccia, Apple and Oatmeal Muffins, Ginger Lemon and Honey Tea, Baked Dill and Garlic Salmon, Baked Pears with Spiced Honey and Peanut Butter Cookies among others, Good Mood Food is a healthy delight! ""This book is a feast for the eyes. . . An incredible first cookbook."" - Library Journal ""Truly lives up to the promise of its title and is highly recommended."" -The Midwest Book Review

## Book Information

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## Customer Reviews

This book is a feast for the eyes. . . An incredible first cookbook. --Library Journal  
Truly lives up to the promise of its title and is highly recommended. --The Midwest Book Review

Donal Skehan writes the Good Mood Food Blog , lives in Dublin where he works as a producer with Bubble Hits, Ireland's first music channel. He has also tried his hand as TV presenting, the odd bit of singing and cheffing at a fortress in Sweden, and he believes variety is the spice of life!

I'm usually dissapointed with my cookbook purchases; many dishes that look promising end up

tasting just so-so, or have such exotic ingredients that are very difficult to find in my area. Not so with this book; every recipe I've tried has turned out very good. It is amazing how Donal can take very simple ingredients, and prepare them in such a way that ends up tasting complex. Even though many of these recipes are posted on his blog, it is much more convenient to have them in a book form. Other than my having to translate oven temperatures, measurements, and some ingredients ("Rocket" is arugula, "Courgette" is zucchini) the instructions are very straightforward and clear. I use this cookbook more than any other I own, and my family and I have never been dissatisfied with the outcome. Every recipe is a winner!

I've used and loved this cookbook since it was published in 2009. The author uses easily obtainable, reasonably priced ingredients to create delicious recipes that are easy to follow. The whole family loves it when I make something from this book. Favorites at our house include Favorite Couscous, Irish Brown Yeast Bread, Caramelised Roast Vegetables, and Lemon Poppy Seed Cakes, but everything we've tried has been good.

I love this book! I cook a lot, usually 3 meals a day. I really enjoy making these recipes. I love cooking with fresh, healthy ingredients that I can use from my garden. I love the ingredients in this book, and the recipes always turn out great!. I will definitely look for more of Donal Skehan's cookbooks. He is turning out to be one of my favorites!

This is my first purchase of a cookbook and I am totally satisfied. First found the book at our local library, tried quite a few recipes and decided to order mine. It really is a good mood food, easy to follow recipes, easy to find ingredients and simple but healthy advice. Thank you Donal Skehan. Love your recipes.

Love his cookbooks, simple & tasty.

I was underwhelmed by the recipes in this book; they're just more basic than I expected.

This book is perfect on so many levels!! Easy, healthful, reliable recipes. Fresh and amazing-tasting results. Beautiful photography. Great format with picture facing a one-page recipe. This was my best buy of 2010. I can't wait for Donal's next book!

Great recipes, personable writing. Lovely young man and yummy food. wants 20 words, but this was such an excellent cookbook it easy to say in just a few. Oh, I know ... I bet he has a fabulous mom who's a wonderful cook!

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