



COOKBOOK

CLODAGH'S HAPPY COOKING

BY CLODAGH MCKENNA

"Clodagh's Happy Cooking: 100 Easy, Speedy, Healthy Recipes for Good Mood Food" is packed with easy, every day, tasty recipes make health and happiness a part of your daily routine from breakfast to dinner.

All of the recipes consist of accessible ingredients, vegan alternatives and air fryer instructions. Recipes include Clodagh's highly popular My Daily Happy Juice (more than 1 million views on social media), Crispy Salmon Rice, Chicken Soup and Get the Glow Salad.

From teas juices and breakfasts to help you start your day on the right side of the bed to simple suppers you can make in under 30 minutes, "Clodagh's Happy Cooking" is a must-have guide to joyful, healthy living.

Chapter include Teas and Juices, Breakfast, Healthy Snacks and Treats, Soups and Breads, Lunch, 30-Minute Suppers and Get-Ahead Cooking.

With recipes ranging from Healing Tea to Chicken Parmigiana, there is something for everyone's healthy habits here.

