



The Hairy Dieters: Fast Food

Hairy Bikers , Si King , Dave Myers

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Following on from their multi-million selling diet books, THE HAIRY DIETERS, THE HAIRY DIETERS EAT FOR LIFE and THE HAIRY DIETERS: GOOD EATING, the Hairy Bikers are back with more delicious low-cal recipes, that can all be made under 30 minutes. THE HAIRY DIETERS: FAST FOOD is jam-packed with tasty recipes for breakfast and brunch, soups, salads, mains and snacks, including Spicy Sweetcorn Fritters, Pasta with Chilli Prawns, Chicken Tagine and Instant Sorbet with Frozen Berries.

Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold over 2 million copies in the UK, and their fourth book is set to make healthy eating even easier.

Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

The Hairy Dieters: Fast Food Details

Date : Published September 5th 2017 by Weidenfeld & Nicolson

ISBN : 9780297609315

Author : Hairy Bikers , Si King , Dave Myers

Format : Paperback 192 pages

Genre : Food and Drink, Cookbooks, Food, Cooking

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From Reader Review The Hairy Dieters: Fast Food for online ebook

Denise says

Some fantastic recipes. Currently working through each one. Well done, guys!

Carole says

Excellent read.

Great health inducing recipes from the Hairy two. Using regular in an attempt to change my awful eating habits that I've had most of my life!

Joanne says

Yum

Recipes look amazing, can't wait to try them, especially the souffle. I will definitely be bringing noodles to work .

Maureen Pierre says

Inspired

Wow! Makes you want to try to make everything. Nothings complicated . and you know its good for you . good photos of the finished dishes. Bright colourful tempting recipies
