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Happy Leons Leon Happy Salads LEON Happy Salads Hardcover – August 2, 2016 by Jane Baxter (Author) LEON Happy Salads: Baxter, Jane, Vincent, John ... Leon was founded on the twin principles that food can both taste good and do you good. In this book, Leon authors Jane Baxter and John Vincent bring together 100 recipes for fresh, vibrant, delicious salads that will have you feeling healthy and happy. Amazon.com: Happy Leons: LEON Happy Salads eBook: Baxter ... Happy Salads. Leon was founded on the twin principles that food can both taste good and do you good. In this book, Leon authors Jane Baxter and John Vincent bring together 100 recipes

for fresh, vibrant, delicious salads that will have you feeling healthy and happy. Divided into chapters that include Classics, Naturally Fast, Salads for Friends, Family Salads and Lunchbox, this book contains salads for all tastes and all occasions. Happy Salads - Leon Restaurants John is co-founder of LEON, which now has 70 restaurants (including in Amsterdam, Utrecht, Oslo and Washington, DC). He wrote LEON Naturally Fast Food with Henry Dimbleby, LEON Family & Friends with Kay Plunkett-Hogge, LEON Happy Salads and LEON Fast & Free with Jane Baxter and LEON Happy Soups, LEON Happy One-pot Cooking, LEON Fast Vegan and LEON Happy Curries with Rebecca Seal. Happy Leons: LEON Happy

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Written by by Jane Baxter & John

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Salad. Polish Herring Salad. Ham

Hock and Lentil Salad. Vietnamese

Chicken Salad with Rice Noodles.

Courgetti with Pesto and Grated

Ricotta Salata. Bacon Fried Corn

with Greens, Pork and Crisp Sweet

Potato. Black Rice Salad with Peas,

Egg and a Curry Dressing.

Asparague, Couscous, Feta and

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more than 60,000 copies sold - the Leon team is back, this time with delicious warming soups that are a meal in themselves. Happy Leons: LEON Happy Soups : John Vincent : 9781840917598 Recipes include: Pink Quinoa Salad Polish Herring Salad Ham Hock and Lentil Salad Vietnamese Chicken Salad with Rice Noodles Courgetti with Pesto and Grated Ricotta Salata Bacon Fried Corn with Greens, Pork and Crisp Sweet Potato Black Rice Salad with Peas, Egg and a Curry Dressing Asparague, Couscous, Feta & Orange Leon Original Superfood Hot-smoked Salmon, Beetroot, Horseradish & Dill Leon Happy Salads, Happy Leons by Jane Baxter ... Leon Happy Salads Happy Leons Happy Salads £16.00 Leon was founded on the twin principles that

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Salad Polish Herring Salad Ham
Hock and Lentil Salad Vietnamese
Chicken Salad with Rice Noodles
Courgetti with Pesto and Grated
Ricotta Salata Bacon Fried Corn
with Greens, Pork and Crisp Sweet
Potato Black Rice Salad with Peas,
Egg and a Curry Dressing
Asparague, Couscous, Feta &
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Happy Salads by John Vincent |
Hachette UK John Vincent, LEON's
co-founder, wrote the bestselling
LEON Naturally Fast Food with
Henry Dimbleby, LEON Family &
Friends with Kay Plunkett-Hogge
and LEON Happy Salads with Jane
Baxter. John's interest in nutrition
has been crucial in determining the
LEON ethos, particularly the
importance of the glycaemic index,

the damaging effects of too much sugar and the difference between good and bad fats.

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