



# Feelgood Family Food

*Dean Edwards*

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## **Feelgood Family Food** Dean Edwards

Dean Edwards' fail-safe recipes and down-to-earth style have made him a firm favourite with the millions of viewers who watch him cooking up a storm every week on ITV's *Lorraine*.

As a busy working dad, he's all too familiar with the never-ending challenge of getting wholesome, tasty, fuss-free meals on the table – the hectic demands of family life mean our wells of inspiration can often run dry! But now Dean's here to help us shake things up and get mealtimes back on track with his new collection of nourishing everyday recipes that the whole family will enjoy.

Whether you're searching for a quick breakfast idea for when you're late for the school run, a one-pot dinner to save on the washing-up or even a guilt-free version of the family's favourite takeaway, here you'll find easy-to-follow recipes, using simple-to-find ingredients. The results are so delicious you'll forget they're good for you too. Try a warming one-pot winner like Chicken and Sweet Potato Tagine, a twist on a family favourite like Caribbean Cottage Pie, or a melt-in-your-mouth treat like Raspberry Cheesecake Pots.

*Feel-good Family Food* is all about appetizing ingredients, healthy meals and happy, well-fed families, so tuck in!

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