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The Foodie Teen

Alessandra Peters

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The Foodie Teen Alessandra Peters
The Foodie Teen offers nutritious, delicious meals from the inspirational, award-winning teenage blogger Alessandra Peters. Alessandra is on a mission to inspire others to embrace a healthy lifestyle. Her approach to cooking centres around eating unprocessed, real ingredients and her recipes are for everyone. They not only taste wonderful, but will make you feel incredible. Naturally gluten-free, dairy-free and nutrient-rich, The Foodie Teen contains over 100 dishes, including: - Oven-Baked Meatballs with Courgette Noodles - Salted Caramel Brownie Stacks - Breakfast Burrito Wraps - 'Doesn't-Taste-Like-Pondwater' Green Smoothie - Salmon Patties with Spiced Cauliflower Rice - Pesto Eggs with Avocado and Garlic-Lemon Spinach Alongside her 'dishes to get out of bed for,' after-school snacks and everyday eats, Alessandra also offers yoga sequences, 5-minute meditations and advice on how to deal with stress and anxiety: everything teenagers (and anyone else, for that matter) need to embrace a healthy lifestyle.

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