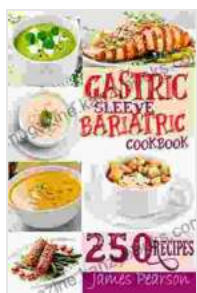


# 250 Simple Healthy Delicious Recipes For Recovering And Maintaining Healthy

## Delicious, nutritious recipes for every occasion

Whether you're recovering from an illness or injury, or you're simply looking to maintain a healthy lifestyle, this cookbook has something for you. With 250 delicious, nutritious recipes, you're sure to find something that you'll love.

The recipes in this cookbook are all easy to follow and made with simple, wholesome ingredients. They're also packed with flavor, so you can enjoy your food without sacrificing your health.



## Gastric Sleeve Bariatric Cookbook: 250 Simple, Healthy & Delicious Recipes For Recovering and Maintaining a Healthy Weight. by Nicky Corbishley

★★★★☆ 4 out of 5

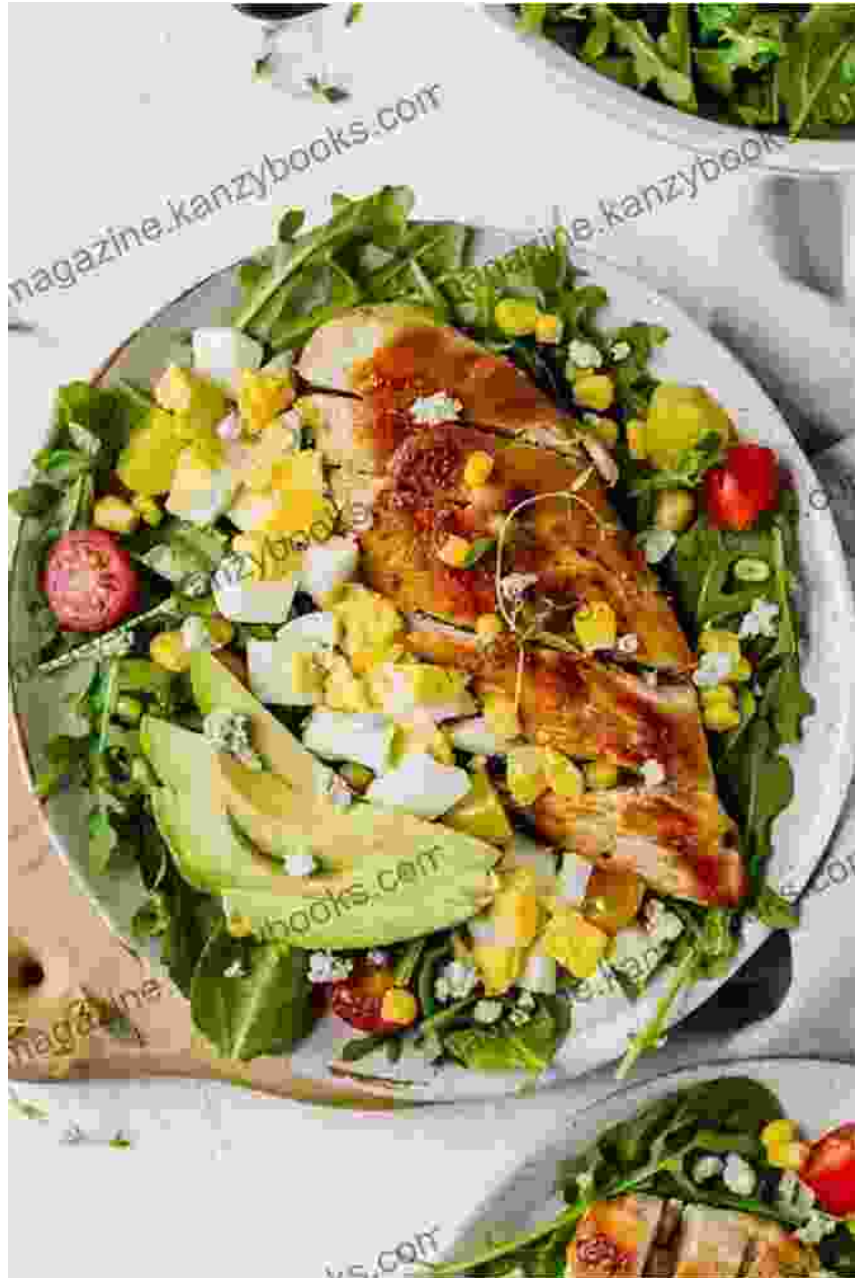
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 393 pages
Lending	: Enabled

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So what are you waiting for? Start cooking today and enjoy the benefits of healthy eating!



## Recipe 1

This is a delicious and nutritious recipe that is perfect for breakfast, lunch, or dinner.

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## Recipe 2

This is a healthy and flavorful recipe that is perfect for a quick and easy weeknight meal.

[View Recipe](#)

## Canadian apple pie

### Ingredients

- 3 tablespoons brown sugar
- 2 tablespoons white sugar
- 1 teaspoon ground cinnamon
- 4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 5 cups apple - peeled, cored, and sliced
- 3/4 cup pure maple syrup
- 1 egg
- 1 egg yolk
- 1/2 teaspoon water

### Directions

- 1 Preheat oven to 375 degrees F (190 degrees C). Line a pie dish with 1 crust.
- 2 Whisk together brown sugar, white sugar, nutmeg, cinnamon, and salt in a large bowl. Stir in sliced apple, maple syrup, whole egg and cream. Pour into pie.
- 3 Pour apple mixture into the prepared crust. Cover with 1 egg white, and edges; and cut away excess. Place several small slits in the top to allow steam to escape. Whisk together egg yolk and water in a small bowl. Brush over the pie. Cover the pastry with plastic film and place on a baking sheet.
- 4 Bake until the crust is golden brown, about 35-40 minutes. Let cool for 10 minutes before serving.

## Recipe 3

This is a delicious and satisfying recipe that is perfect for a healthy dessert.

[View Recipe](#)

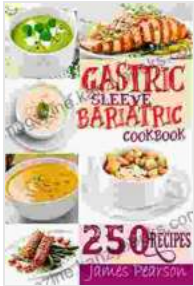


## Recipe 4

This is a healthy and refreshing recipe that is perfect for a summer day.

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