



# Gordon Ramsay's Healthy Appetite: 125 Super-Fresh Recipes for a High-Energy Life

By Gordon Ramsay

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## Gordon Ramsay's Healthy Appetite: 125 Super-Fresh Recipes for a High-Energy Life By Gordon Ramsay

Three-star chef flavors + healthy eating equals a winning combination!

You are what you eat--and *Gordon Ramsay's Healthy Appetite* will help you feel and look your best. Ramsay himself is a super-fit marathon runner and high-energy personality who knows what it takes to stay in the peak of health. He has created over 125 fresh, great-tasting recipes that are completely in tune with the way people want to eat today. From mouthwatering Buckwheat Crepes with Smoked Salmon to kid-friendly Chicken Burgers with Sweet Potato Wedges, every recipe is scrumptious. And because even healthy people need a treat, there are delicious desserts like a light Chocolate Mousse!

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### Editorial Review

#### About the Author

Renowned chef **Gordon Ramsay** has opened a string of successful restaurants across the globe, from Italy to LA. In 2011, Ramsay enjoyed another exciting year with the launch of Laurier Gordon Ramsay in Montreal, Canada and the opening of Bread Street Kitchen in London's City district.

Gordon has become a TV star both in the UK and internationally, with two top-rated shows in America: *Kitchen Nightmares* and *Hell's Kitchen* are into their third and ninth years respectively, while his latest show, *MasterChef US*, is now in its second season and is proving to be another massive hit with viewers. Gordon has also published a number of books, many of which have become bestsellers across the world, notably his autobiography, *Roasting in Hell's Kitchen*. In 2006, Gordon was awarded an OBE for services to the industry.

Ramsay lives with his wife and four children in South London, along with their two bulldogs Rumpole and Romeo.

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