



## 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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