



Tasty. Naughty. Healthy. Nice.: Whole Food Made Sinfully Delicious

Susan Jane White

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Energy-boosting recipes for glowing health from the "queen of guilt-free gobbling."

Like many of us, Susan Jane White spent a long time fighting her body, riding the wheat-sugar-dairy merry-go-round, thinking her diet couldn't possibly be the reason she felt so ill. Once she liberated herself from that circuit, she discovered a whole world of fabulous ingredients to explore. *Tasty. Naughty. Healthy. Nice.* is about discovering true food bliss, and the over 135 recipes are anything but restrictive. Let Susan Jane, in her own hilarious fashion, show you the tasty way to a healthier you—and who says you can't throw in a little naughty while you're at it? Find recipes for:

- Breakfasts that give long-lasting energy, such as **High-Octane Banana Nutmeg Bars**;
- Snacks, Soups, and Salads for nutritional pick-me-ups, like the antioxidant all-star **Dining al Desko Beet Salad** and the protein-rich **Superman's Salad**;
- Satisfying suppers, such as **Chocolate Chili con Carne with Coconut Yogurt**; **Simple Salmon with Asparagus Soldiers and Whipped Green Tea**; and **Pumpkin Falafel**;
- Tasty treats that are extra satisfying, such as **Goji Berry Halva**, **Raw Cacao Nib Toffee**, and **Ice Green Tea with Manuka Honey Cubes**.

Whether you are a newcomer to whole food living, a busy mom trying to find healthy snacks and meals, or just looking for new healthy inspiration, give yourself a high-five for deciding to dive into these recipes.

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