

SPICE YOURSELF SLIM

The Have it all Spice Diet

By KALPNA WOOLF

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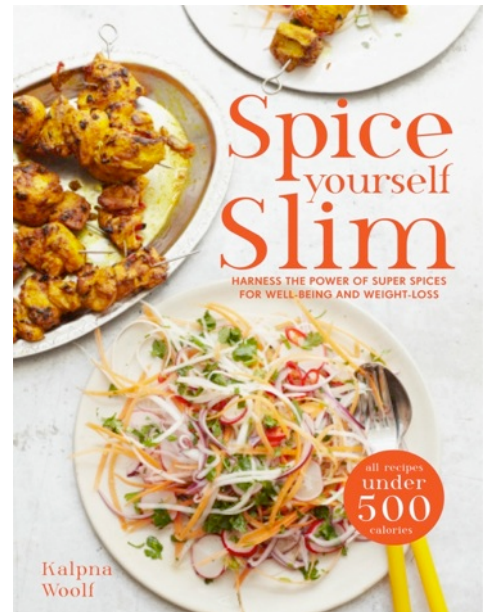
Spice Yourself Slim is a healthy, flavourful way of eating based on centuries-old traditions of combining tasty spices with fresh ingredients to lose weight, boost your health, lift your mood and maintain energy. It is a simple way of eating for the whole of your life. Food and spice expert, Kalpna Woolf has created 100 accessible and delicious recipes that will stimulate your senses and have a huge impact on your health and wellbeing.

Spice Yourself Slim seeks to unwrap the secret mysteries of one of the oldest, most valued and most mystically powerful food sources known to mankind – spices – and shows how they can be incorporated into contemporary life. **Spices are packed with taste and add zero calories!** Kalpna shows you a simple and healthy way of eating by using the power of spices to enjoy tasty food and to maintain good health. She has drawn on a strong foundation of ancient knowledge and traditions to explain what spices can do for our health and wellbeing.

A tried and tested but also timely diet, *Spice Yourself Slim* guarantees weight loss while allowing you to enjoy flavourful food at every meal. Rather than eating bland low calorie dishes, which are unsustainable in the long run, Kalpna offers fascinating and tasty ideas for using spices everyday for the whole family to share, stimulating your tastebuds as well as your metabolism. Dishes such as Lemon Coriander Chicken with Roasted Peppers; Monkfish Chermoula; Magic Beans and Skinny Paneer; Mango, chilli and Black Pepper Mess. Alongside the recipes is an array of helpful tips that show you how to maximize the health properties, flavour and usability of each dish.

Spices are on trend as Western tastes have become ever more receptive to spices, not just Indian and Chinese, but also Mexican spices such as smoked chipotle chillies, and Middle Eastern spices such as sumac and za'atar, which are exciting metropolitan foodies.

Kalpna will show reveal the ten spices that every kitchen store cupboard should have and how to combine them with exciting new spices. *Spice Yourself Slim* will unlock the magic, fusing traditional spice secrets with simple modern recipes for today.



For further information or to request a review copy, please contact Fiona Smith at Fiona@smithaandbaxter.co.uk or mobile: 07831 193250

KALPNA WOOLF

Kalpna Woolf is a seasoned foodie and experienced family cook. In a 20-year BBC career as an award-winning Head of Production, Kalpna has worked with some of the BBC's most revered programmes including Natural History landmarks such as *Frozen Planet* as well as successful cookery series with Nigella, Rick Stein, Nigel Slater and Lorraine Pascale. She has launched food festivals, judged food awards, written blogs and food articles. Kalpna is currently working on 91 Ways a project bringing together the 91 language communities of Bristol showcasing their food, their food memories, food journeys and their heritage and culture. (91ways.org). Kalpna's food know-how draws on the traditions of her Hindu family upbringing and from travelling the world absorbing food cultures. In 2013 she won the prestigious Asian Woman of Achievement award. www.kalpnawoolf.com



NOTES TO EDITORS

- 100 contemporary healthy recipes, all of which are under 500 calories with over half under 300 calories.
- Timely and contemporary healthy eating plan for those who want a more exciting flavour experience than just clean eating.
- 14 day diet planner that is easy to use.
- Helpful information on the health giving properties of a range of spices and how they can benefit a range of needs and ailments.
- A series of six recipes for easy spice rubs that can be created ahead and stored for 6-9 months. These handy rubs will add a healthy spice boost to easy everyday ingredients.
- Beautiful specially commissioned photography throughout.



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