



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

*Gordon Ramsay*

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