



# The World of the Happy Pear

*David Flynn, Stephen Flynn*

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**The World of the Happy Pear** David Flynn, Stephen Flynn

**'These lovely boys always create incredibly tasty food.'** *Jamie Oliver*

**The authors of the No 1 bestselling cookery book in Ireland for two years running!**

David and Stephen Flynn put fun, deliciousness and friendship at the heart of their cooking. By showing that vegetarian food is endlessly varied, packed full of flavour and amazingly easy to prepare they want to spread the love for fruit and veg!

*The World of the Happy Pear* is inspired by David and Stephen's family, friends and the international team at their legendary café. It includes over 100 mouth-watering and totally doable recipes - like Grilled Halloumi Burger with Sweet Chilli Ketchup and a Garlic Tahini Mayo ... Fennel, Ruby Grapefruit, Avocado and Blueberry Salad ... Chocolate and Salted Caramel Tart.

There is advice on getting children to love the stuff that's good for them and top tips on the tasty vegetarian approach to everything from BBQs and burgers to ice cream and Pavlova.

Become part of the world of the Happy Pear and discover a feast of healthy yummy food that will transform your eating!

**'The poster boys for a healthy way of life!'** *Sunday Times*

**'Genuinely good food that brings healthy eating in from the cold'** *Irish Times*

**'A healthy eating phenomenon'** *Mail on Sunday*

**'These Irish twins are on a roll'** *Time Out*

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