

My Green Kitchen

My Green Kitchen by [Neena Truscott](#) and [Belinda Macdonald](#)



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[My-Green-Kitchen by Neena-Truscott-Belinda-Macdonald](#) – NZ\$39

My lovely friends have just released a wonderful book that is full of inspirational recipes integrating the healing power of foods in easy-to-make family recipes. These recipes have a focus on restoring gut health, utilising leftovers and seasonal abundance and foraging for superfoods.

Also included are herbal recipes for stimulating vibrant health and innovative ideas for meals which feature ancient grains, and how to indulge in sweet treats without the 'nasties'. The book features an article on 'ancestral eating' from Ben Warren of BePure, one of NZ's leading nutrition and holistic health experts.

Written by the winners of the first My Kitchen Rules NZ, Neena Truscott and Belinda Macdonald I love their work. This book reflects their love and commitment to good, healthy foods and take you on a journey in your own kitchen.

Two Thumbs Up, well worth getting.