



MELANI LUST PHOTOGRAPHY

TOBY AMIDOR, MS, RD, CDN, FAND, is a *Wall Street Journal* best-selling cookbook author with more than 200,000 copies in print, and a nationally recognized nutrition expert. She is the founder of Toby Amidor Nutrition where she provides nutrition and food safety consulting services for individuals, restaurants and food brands. Toby is also the nutrition expert for Foodnetwork.com, a speaker on a variety of nutrition topics and a spokesperson. Toby is also a leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. Toby lives in New York.

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Expand your kitchen confidence with over 100 recipes — each requiring only three ingredients and everyday pantry items. Inspired, delectable, no-stress meals and snacks are just three ingredients away!

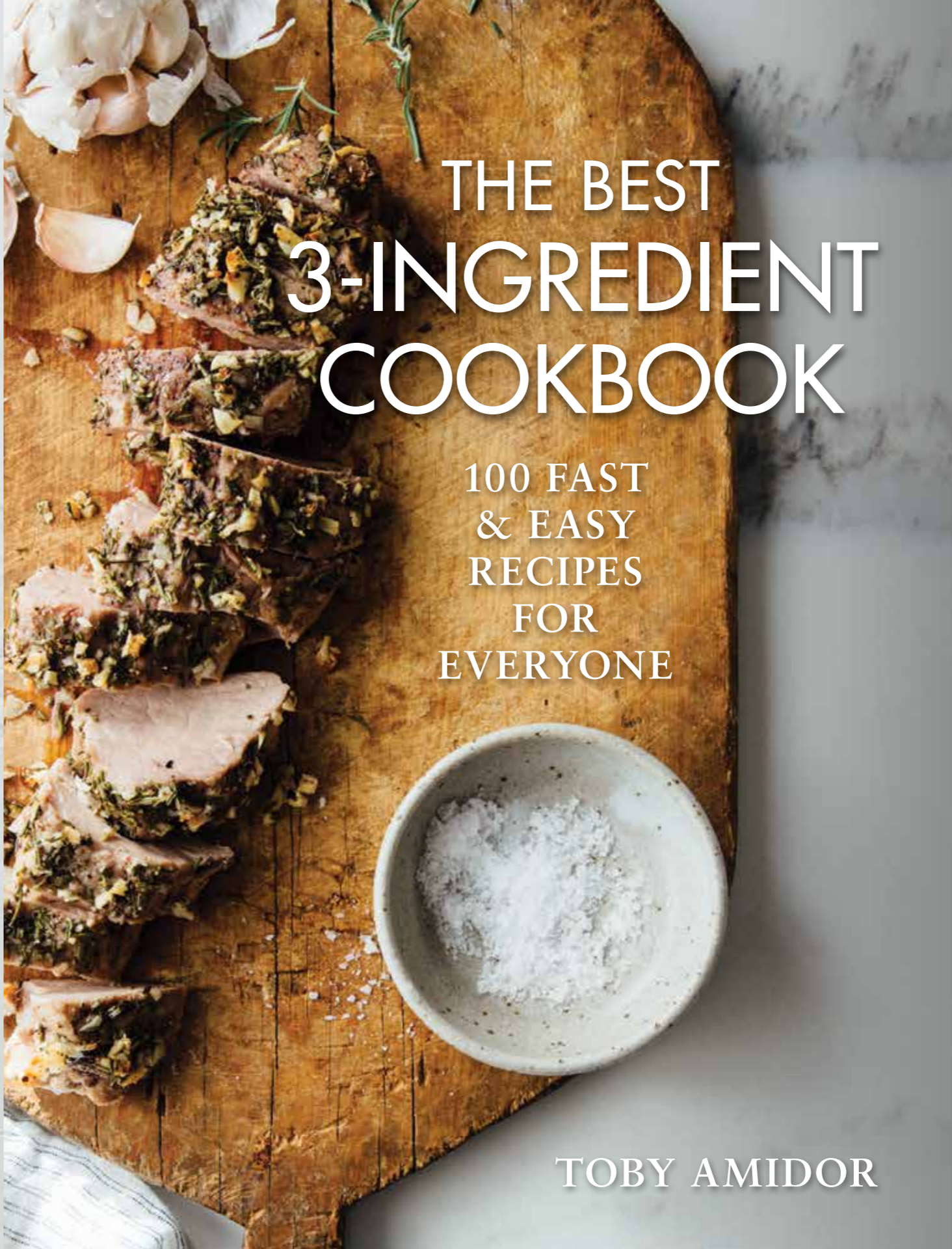
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TOBY AMIDOR

THE BEST 3-INGREDIENT COOKBOOK



THE BEST 3-INGREDIENT COOKBOOK

100 FAST & EASY RECIPES FOR EVERYONE

TOBY AMIDOR

EASY 3-INGREDIENT RECIPES FOR SIMPLY DELICIOUS MEALS

How many times have you opened a cookbook only to be overwhelmed by the number of ingredients and amount of prep time needed for what seemed like a simple recipe? In *The Best 3-Ingredient Cookbook*, best-selling cookbook author Toby Amidor shares over 100 easy-to-follow recipes that are sure to please. Whether you're looking for quick breakfasts, satisfying snacks, easy lunches, sure-fire dinners or delightful sweet treats, this cookbook will become your go-to guide for every meal of the day.

Streamline your morning routine with a Peanut Butter Cherry Smoothie or Overnight Applesauce Oats. At lunch sit down to a Chicken and Rice Bowl and pair it with Creamy Broccoli Soup or Avocado-Tomato Salad. Have unexpected guests? Whip together Cheese Stuffed Mini Peppers or Black Bean Dip. Create an impression at dinner with easy Rosemary-Garlic Pork Loin and Roasted Cauliflower with Garlic and Parmesan. And satisfy your sweet tooth with Sweet and Salty Chocolate Bark or Almond Crispy Rice Bars.

In each recipe, Toby includes lists of ingredients for three different serving sizes, so you'll know at a glance how much is needed to cook for yourself, for a few friends or for your family. She also provides Toby's Tips — cooking tricks, ingredient swaps and helpful kitchen tool suggestions to make the time you spend preparing meals quicker and easier. This easy to follow, fun cookbook will help you build your kitchen confidence and give you quick, effortless ways to prepare every meal of the day.