



The Happy Pear

David Flynn , Stephen Flynn

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Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and the Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, Electric Picnickers to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community.

The Happy Pear Details

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From Reader Review The Happy Pear for online ebook

Polly Clarke says

Whilst the recipes are varied and interesting, their method of eating healthy is way too strict for me and is not so easy to attain. A good book to dip into if you want a little something else added to your meals.

Eleanor says

I really enjoyed this book. I'm not a Vegetarian but I do enjoy veggies.

I think I'm going to get my Fiance to bring me out to their cafe at the weekend. I think I would really enjoy the food and the atmosphere.

Amy Snow O'Connell says

Terribly disappointing with sketchy 'science.'

The authors advocate a plant-based diet, citing endorsements from two internationally renowned vegans (Drs Esselstyn and Campbell) on one page, and then publish recipes containing multiple eggs on almost every other.

On the non-recipe pages, we're mostly treated to pictures of the authors grinning and eating or accounts of their shop, their programme and their journey. This makes the book feel less like a recipe book and more like a memoir with some recipes thrown in.

As for the recipes themselves, I found them disappointing. The dessert section was so full of eggs and sugar, it made me question how they could really print them alongside a chapter advocating clean living and a plant based diet. The savoury recipes lacked imagination. Stew, curry and soup is hardly inspiring.

Perhaps this book could be useful to someone starting off on a vegan or plant based diet. For those who are more experienced, you can certainly find more inspiration elsewhere.

Trudy says

Well some of the recipes are delicious, the lasagnes came out well. However it nearly went in the bin because of the very dodgy nutritional and scientific information which made me grrrrr..... In some cases it is a case of $1+1=5$, I.e. Putting two pieces of information together and leaping to a nonsensical conclusion. E.g. Chlorophyll is similar in structure to haemoglobin, therefore must be good for us! Well I don't think it can irreversibly bind oxygen and deliver it around the body for cellular respiration! As for oil being junk food....haven't they heard of macronutrients?

So great food but don't read the other bits.....

Denise Williams says

Disappointed

I was so excited to download this book on kindle, with a view to buying a hard copy with Christmas money. Sadly anything printed in yellow is unreadable on kindle :(So no point waiting your money. Very disappointed and never had this problem before. What I can read of the recipes, they look nice, clear photos but with half the text missing, I couldn't recommend this book to download :(

Fiona Moore says

Brilliant recipes

Love these guys enthusiasm. The recipes are super, tasty and healthy. I would recommend this book to anyone wanting to try vegetarian or vegan food at home.

Liz says

Some great recipes.

Elske says

These guys are great. The cookbook is inspiring in character and upbeat. I love the vibe they give off. So far, I've loved the recipes that I've made. My only small criticism is that they give information about nutrition, saying that cheese and olive oil aren't good for you, but then use it in their recipes. As a vegan, I can make most of the recipes, but some of the really great ones do require animal products and don't give suggestion for adaptation (even though they're vegan themselves).

Also: definitely use less salt and olive oil than they suggest! I tend to replace the olive oil they use in sauces with water.

Sheila Behan says

Happy ?pear

Love all the cook books so many meals to choose from..
Especially now that I have the three books in my collection ???

Hallie says

The rating is a mix, as there are some wonderful recipes and the food photography is excellent - although admittedly there could be said to be too many shots of the guys grinning while eating said food. Originally I was going to take off just one star for the nutritional (mis)information, as I'd remembered the most significant problem as just a few lines in the food "toolkit" at the back. But it's whoppingly misleading, and relates to the very successful Happy Heart programme, and the nutritionist in me couldn't let it go. (Also, they took down one of their recipes that had been free on their blog, tweaked it (stupidly) to make it a Happy Heart recipe and included in the book, and that makes me cranky too.)

So, the first problem is when they say under the section on oil: "Stand by, as we're about to get controversial! We use oil in many dishes, as it makes things taste good, but, in our eyes, as oil is 100% fat, has no fibre and offers very little in terms of vitamins and minerals, it is total junk food." In a section about the Happy Heart course they say: "The course excludes all refined and processed foods [...] and all oils, as they are high in saturated fat..." Okay, actually, in looking for the second line I've quoted, I've found yet another mistake: "If you want to reduce your cholesterol then it makes sense to cut foods that contain cholesterol - pretty rational, right?"

This is not even close to fitting in with more recent nutritional research, and is even more annoying when you consider another fact about the recipes; they are mostly quite to very high in sodium. (Yes, the old, simple understanding that salt directly caused high blood pressure and therefore stroke & heart attack in everyone has changed, but this course is aimed at a population likely to have high blood pressure and possibly the sodium/high bp connection.) The Happy Pear Dahl recipe I'd found on the website before now has no oil but 3 teaspoons of salt (6900 g sodium) and 3 tablespoons (approximately 2700 g sodium) of soy/tamari/Bragg Liquid Aminos sauce, serving 4 people. I make that 2400 g of sodium pp, which is just above the usual recommended *daily* limit. It's not the recipe with the least amount of sodium, but neither is it atypically high. Something similar also goes on with sweeteners/sugar, with occasional over-reliance on the supposedly "healthy" nature of substitutes for processed sugar, such as agave syrup.

The shop/café is lovely, and they truly have created a wonderful community as well as business. Some of that is reflected in the cookbook, which I might well end up buying. But really, in terms of one of their supposed areas of expertise, I can only rate this as a whopping SHOULD DO BETTER.

Andrea says

This brightly coloured cookbook seemed like a good resource for healthy cooking and eating. After making the Happy Pear Scone recipe, however, it was a strange foray into using up all of the flour in the house (six cups of flour, once converted into British gram measurements!) and a goopy mess when described to mix everything with my hands. Also puzzling was the direction to press the dough into 3 cm thick scones-those are enormous! Not sure I will try this cookbook again.

Philip Smith says

A great recipe book. It's not often you want to read a recipe book from cover to cover, but this one invited you to do it, and you felt amply rewarded.

From the origins of The Happy Pear through their beliefs about food and some genuinely different recipes

this book is an eye-opener for healthy eating. It's turned me on to sprouted beans and introduced me to some amazing ways to prepare food - some uncooked, most gluten-free and some amazing flavours.

Kale, sprouted beans and Goji salad has now become my 'goto' lunch on many days. Who ever would believe I would enjoy raw kale?

And I've finished it just as their new book (The World of the Happy Pear) arrives...

Anna says

These brothers are awesome. I love their story and I love their YouTube channel and blog. Their excitement for plant based eating is contagious.
