



[Healthier Together: Recipes for Two—Nourish Your Body, Nourish Your Relationships](#). Copyright © 2019 by Liz Moody. Photographs copyright © 2019 by Lauren Volo. Published by Clarkson Potter, an imprint of Penguin Random House, LLC.

Our Summary:

Regardless of our dietary platform, at some point we all have to make choices with respect to our life and lifestyle. According to Liz Moody, author of [Glow Pops](#), and now her new book [Healthier Together: Recipes for Two—Nourish Your Body, Nourish Your Relationships](#), these choices are easier when you make them with a partner who is committed to similar health goals, be it a friend, life-partner, co-worker, or family member. Being healthy is all about nourishing both body and soul. With Moody's 100-plus gluten-free, dairy free, easy-to-make recipes, all with a fun twist and designed to be cooked, eaten and enjoyed by two, you have a greater chance of staying the course on your path to an overall healthier way of living.

What you need to know:

Get it: [Healthier Together: Recipes for Two—Nourish Your Body, Nourish Your Relationships](#). Copyright © 2019 by Liz Moody. Published by Clarkson Potter, an imprint of Penguin Random House, LLC, April 2, 2019 Hardcover \$25.00 ([Amazon \\$16.51](#); [Kindle \\$13.99](#))*

See it: 240 pages divided by chapters designed to reflect real life eating, such as *Fast, Cheap & Easy, Better than Takeout, Cocktail & Bar Bites*, and *Fancy Food*, among others. A *Healthier Together 21-day Cleanup*, the author's unauthorized, non-expert and non-medical approach to detoxing and cleansing your body is also included.

Make it: 100+ gluten-free, dairy-free, easy-to-make, recipes “with a fun twist”.

** Product prices and availability are accurate as of the date of publication and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*

Chef Donna's Review:

You need only flip through [Healthier Together](#), look at the bright colorful pictures with the fresh vegetables, ingredients and pastel backgrounds, to get excited about what “healthier” might be all about. Liz Moody (author of [Glow Pops](#), smoothie nutrient packed popsicle recipes designed to help you glow from the inside out) professes that her new book will help you eat both smarter and healthier. She reflects on the idea that the word “healthy” is ambiguous and an ever-changing label, which often leaves us confused. Throughout Moody's newest work, [Healthier Together](#), you find advice from doctors, ancient wisdom, healing modalities from around the world, and the latest in scientific research to keep you focused on eating more vegetables, keeping your blood sugar stable, and your hormones balanced.

To be successful in achieving your own personal eating goals, [Healthier Together](#) stresses the importance of having an eating partner, regardless of who that partner is or where they live. Moody focuses on clean, healthy, and vegetarian diets, and eliminating gluten and dairy. Her book is broken down into chapters that are



compelling and realistic and the recipes have been formulated to be as interesting as they are delicious. The [Healthier Together 21-day Cleanup](#), her version of a detox, is designed to help anyone detoxify their body and reset taste buds to help eliminate sugar cravings and boost energy.

All of the recipes in [Healthier Together](#) are basic and relatively simple. While some of the ingredients require a bit of a search, you'll enjoy a wide range of flavor profiles such as *Slow Cooker Short Rib Chocolate Chili with Jalapeno Cornbread Polenta*, the *World's Best Cheese Sauce*, (which is made without cheese!), *Zucchini Latkes with Apple Rosemary Compote* and *Enchilada Lasagna with Avocado, Bechamel and Crispy Tortilla Crumble*. The *Frozen Broccoli and Basil Soup with Sweet and Spicy Cashews* is Moody's way of circumventing conventional whole foods, that she professes sit on trucks for weeks or in a grocer's store-room bin losing nutrients. Choosing frozen broccoli is her idea of a better option.

There's plenty for everyone in [Healthier Together](#), including some ideas for healthy cocktails such as the *Kombucha Aperol Spritz* and the *Extra Bloody Mary*, but children or fussy eaters, may turn up their nose at things like *Salmon and Avocado Eggs Benedict with Turmeric Ghee Hollandaise* or the *Peanut Butter and Chia Jelly French Toast*. *Parsnip Steaks* that are caramelized with a zesty chimichurri sauce may leave you wishing for something a bit more substantial, but she does include fish proteins, beef proteins and chicken and ample hearty vegetarian dishes to help you hit satiety. Healthy isn't always meant to be super-serious, so she concludes with a few riffs on fun foods including her *Fun Size Chocolate Nougat Candy Bars* made from dates, non-dairy milk, and almond flour.

If you're looking for fast, easy, gluten-free and dairy-free recipes to help get you on the healthier eating track, [Healthier Together](#) may be your answer. By strongly advocating that you employ a buddy to help you achieve your goals, these recipes designed to serve two will work, says Moody, whether your partner is near or far. Small batch cooking rules the day here, and in the end if you end up healthier together, how bad can that be?

Recipes to cook from [Healthier Together: Recipes for Two—Nourish Your Body, Nourish Your Relationships](#). Copyright © 2019 by Liz Moody. Reprinted with permission by Clarkson Potter, an imprint of Penguin Random House, LLC.

[10-minute Poke Bowl](#)

[Frozen Broccoli and Basil Soup](#)

[Fun-Size Nougat Chocolate Candy Bars](#)