



Easy Recipes for Back to School: A short collection of recipes from the cookbook *Wholesome: Feed Your Family For Less*

Caitriona Redmond

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A short collection of recipes extracted from the cookbook Wholesome: Feed Your Family for Less which is a credible guide to feeding a family on a budget from well-known cook and food blogger Caitriona Redmond, whose principles of cooking well for less are widely acclaimed. Caitriona Redmond worked in the property industry until she was made redundant the day she returned from maternity leave in 2009. This heralded a personal transformation from 'high-flying' PA to reluctant stay-at-home mother.

As the prospects of finding another suitable job dried up, Caitriona turned to using the skills she had used in her job and those she had learned at her grandmother's and mother's kitchen tables to run the household on a tight food budget of €70 per week for a family of five.

In this book Caitriona shares her tips, tricks and recipes with the reader to help them save money and feed their family well on a budget. All the recipes have been extensively tested on her friends and family! The book includes budgeting tips and menu plans which enable families to pick & mix from favourite meals, keep variety in their diet and make the most of the food that they cook.

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Sharon Keller:

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Jere Bingham:

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