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- ▶ [Food for Thought](#)
- ▶ [Bazaar](#)

About

- ▶ [Bazaar Blog Home](#)
- ▶ [About This Blog](#)
- ▶ [Code of Conduct](#)

Categories

-  [Cookbook Releases \(14\)](#)
-  [Food Products \(19\)](#)
-  [Holidays \(17\)](#)
-  [Houseware Items \(20\)](#)
-  [Kitchen Gadgets \(13\)](#)
-  [Markets \(14\)](#)
-  [Restaurants \(17\)](#)

Recent Entries

- ▶ [All-In-One Measuring Solution](#)
- ▶ [Take a Delicious Seat](#)
- ▶ [New Robin Miller Cookbook Giveaway](#)
- ▶ [A CLOSER LOOK: Breakfast To Go](#)
- ▶ [GUEST BLOGGER: Michael Olson's St. Martin Food Journey](#)

Recent comments

- ▶ Victoria on [Take a Delicious Seat](#): "Those gummi lights would "

JAN 29

Win a Copy of *The Food You Crave* by Ellie Krieger

by Jessica Tuesday, January 29, 2008 9:16 AM [Edit](#)



[\[Edit Tags\]](#)



A couple of things fell into place when I was handed a copy of [Ellie Krieger's](#) cookbook *The Food You Crave*: 1) I was looking for a good carrot cake recipe since I had some extra carrots in the fridge at home, and 2) I am in a constant battle with myself to [bake more](#). So with cookbook in-hand and carrots in the fridge, I decided to try out Ellie's carrot cake cupcakes recipe. Delicious and moist! And they look pretty good too, eh? I'm excited to try even more recipes from the book.

The Food You Crave is great if you're keeping an eye on your diet; every recipe includes serving size, nutritional information and tells you what it's an excellent and good source of (vitamins and such information). Eating well tips are also peppered throughout the book and contain great info on ingredients, snacking, nutrition and more.



GIVEAWAY: I have three copies of Ellie Krieger's *The Food You Crave* cookbook to giveaway to lucky readers who correctly answer this question: What is the name of the show Ellie Krieger hosts? Tip: Click link at the beginning of this post. (I'll choose three names at random on February 8th, 2008).

Email your answer to blog AT foodtv DOT ca with Ellie Krieger in the subject line.

THE CONTEST IS NOW CLOSED. Congratulations to Honey B. of Toronto, Neely W. of Burnaby, and Janet Y. of Richmond Hill.

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