



Out & About at Foodworks, Kilkenny

MAY 13, 2014 1 COMMENT

As you may or may not know for a while there Dave and I went Vegan, and hard as I tried to get into it and enjoy it I REALLY MISSED meat, milk, cheese, chocolate and all that other stuff that makes living and eating FUN!! During this food hiatus I have to be honest and say that I kind of lost interest a little bit in food, and eating out became more of a challenge rather than a treat. But, after one whole year of being dedicated to veganism I am delighted to say that we are BACK IN THE GAME!!! We are so in, out and all around the game now and with that comes the joy of eating again. And what better place to relish the joy of eating than at our favourite local restaurant "Foodworks".



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AUTHOR PROFILE

I love food, I put my hands up and say that I am a food junkie! Not only do I like eating food, I also like to read about food and talk about food!..... [Read More](#)



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The Little Green Grocer

APRIL 10, 2014 2 COMMENTS

It was only yesterday when Dave and I were looking for somewhere to eat that we decided to hang a left instead of our usual right when we hit the top of the high street in Kilkenny. And I am so glad we did, there we discovered the cutest little shop which was aptly named "The Little Green Grocer". So today, we decided to go have a look and whilst talking to Sarah & Eleanor, the owners, we discovered it had been opened for the past six months! That will just give you an indication how long it had been since we took a left turn! Sadly we are creatures of habit.



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On Thursday morning we

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This weekend was pretty

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awoke to a beautiful, clear, crisp November day. The sun was shining in the bright blue sky and we emerged from the house bleary eyed and blinking at the golden orb in sky (it had been a while since we had seen it we almost forgotten what it looked like!!) [...]

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Butternut Squash Risotto

OCTOBER 17, 2013 [♥ 3 COMMENTS](#)



As the winter draws in I find myself looking for heart warming, earthy, comforting recipes. Yes, its time to drag out your winter woolies, slip on your old aran cardigan (as I have done/doing as we speak) and tuck into a wholesome bowl of autumn goodness. Nothing says fall like Butternut squash. It is a [...]

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A Girls Night & Tomato Tart

JULY 22, 2013 [♥ 3 COMMENTS](#)



As some of you are aware, the weather of late has been so unusually hot for Ireland, I have lacked any sort of motivation in the kitchen. The reason behind this go-slow is due to the fact that my little kitchen is south facing and gets incredibly hot with the sun beating in the windows [...]

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Set the Juice Loose!

MAY 29, 2013 [♥ 4 COMMENTS](#)



We got a juicer. Yes we did, and I love everything about it. So far, we have had the juicer for about a week and everyday we have juiced a bunch of fruit and vegetables to make really delicious juice drinks and keep our "five a day" bang on target.

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hectic to say the least, but thoroughly enjoyable. After a hard week, my friend Eimear and I decided to sign up to a cookery course at The Village at Lyons. For those of you who have never been before, The Village at Lyons is a very special place. Everywhere you [...]

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Keep Calm and Do Yoga

OCTOBER 15, 2013 [♥ 4 COMMENTS](#)



It's been a while. Actually its been a long while since I posted. Sometimes its difficult to stay focused and motivated, and recently it has been extremely difficult to channel my thoughts into positive productivity. The simple fact is when life gets busy we forget about ourselves. That small voice inside us gets drowned out [...]

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Eggplant and Chickpea Curry

MAY 29, 2013 [♥ 2 COMMENTS](#)



Ok, its Friday night and you are craving a treat to officially kickstart the weekend after a long and painful week at work. What better way to herald the start of weekend antics then cooking up an authentic eggplant and chickpea curry!

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A Summer BBQ

MAY 20, 2013 [♥ 3 COMMENTS](#)



Well its official. Summer has officially started and I know this because yesterday I attended my first (and I hope many) summer BBQ's. The BBQ signals the start of the summer season, it is the proverbial cutting of a ribbon, or smashing a magnum of champagne against the bow of a ship, it screams [...]

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