

As owner of successful Irish food company, Kooky Dough, Sophie Morris knows the appeal of real food made in an express way. Running her business means Sophie is constantly on the go and often exhausted after long days at work. Yet Sophie never compromises when it comes to food. Instead she takes time in the kitchen to switch off from work and enjoy making a home-cooked meal to lift her energy and her spirits. It's what 'kooking' is all about! Sophie gives you her favourite recipes for all the things she cooks during her busy week. Things that aren't too tiring or complicated, but that are so much more inspiring than beans on toast (again!). From easy meals such as Easy Kofta Curry and Crispy Caramelised Chicken Thighs; to delicious desserts including Mum's Epic Chocolate Mousse and Easy-Peasy Sticky Toffee Pudding; to restorative snacks such as Mango Lassi and Healthy Fruit and Oat Snack Bars, there are almost 100 new ideas to help you get 'kooking' too.

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