

The Big Book of Healthy and Easy Cooking

Synopsis

Cooking does not need to be complicated to be delicious!

The 100 recipes gathered in this book are simple, healthy and gourmet.

Salads, pies, soups, main dishes, desserts, etc.: readers will find in this book inspirational recipes to bring some change to the same old menus!

At the end of the book, the basic recipes – which can be used for different recipes – are gathered, along with a reminder of the seasonal products, and lots of useful tips!

Content:

Starters, Meats, Fishes, Veggie, Desserts, and a « practical notebook ».



Specs:

192 pages – 195 x 225 mm

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