

# Healthy Pastries

## *40 Simple and Quick Recipes*

*Avril 2016*



### Synopsis:

Healthy pastries but 100% pleasure? It is possible! The ingredients used by Audrey Doret are 100% natural, a maximum without gluten, but vegan, bio, raw, and respectful of seasons. And the main idea behind each recipe: pleasure and love of good food, which are at the centre of pastries, but very often forgotten in recent cooking books.

40 recipes are explained, with step by step photos.  
Readers will also find information of anecdotes linked to the recipe on the page.

### The Author:

**Audrey Doret** is a professional of pastries and chocolate. She creates each of her recipe, according to modern preoccupations. She regularly work with the French magazine « Le Journal des Femmes / Women's Diary », for their cooking section.

### ■ Specs:

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