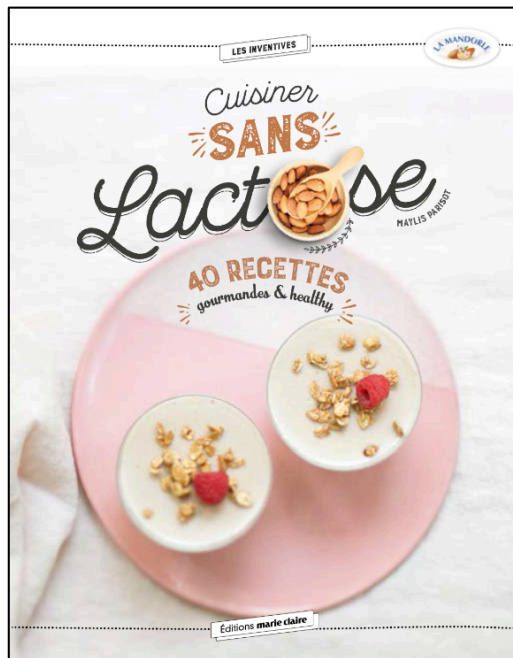


# Recipes without Lactose

September 2016



## Synopsis:

Nowadays, more and more studies show problems that can be linked to overconsumption of dairy products, and which have consequences also on environment. This is why more and more people want to reduce their dairy consumption. There are also more and more allergies. But it is not always that simple to find an alternative, most of the recipes being prepared with butter, cream or cheese...

In this book, the author Maylis Parisot offers a new vision of cooking, without lactose, but a delicious cooking even without dairy products!

## The Author:

**Maylis Parisot** is a young chef who works at the Dune restaurant in Paris. There she proposes menus focusing on vegetables. You can discover some of her creations on Instagram: Maylismay or on her website: [www.goodguyseatery.fr](http://www.goodguyseatery.fr)

**This book is made in partnership with La Mandorle in France, but recipes can be adapted very easily if you do not have this brand in your country.**

- **Specs:**
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