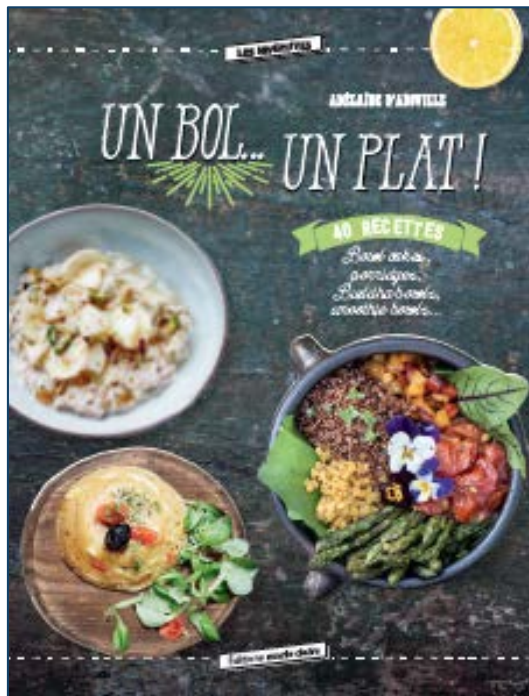


One Meal in a Bowl

September 2017



Synopsis:

Bowls are very fashionable at the moment in the cooking field. Their advantages are numerous:

- Aesthetic: they allow to leave space to imagination thanks to simple tips of presentation.
- Convenient: it is easy to take them away, and can be for one person or more.
- Easy to prepare: just a few ingredients are needed to realize delicious recipes.
- Dietetic: it is easy to have the correct proportions.

The recipes are written by a nutritionist and are healthy and balanced. Each bowl is made so all the necessary nutrients are in one meal. The unavoidable ingredients for a successful bowl are fruits and vegetables, starches, leguminous plants, seeds, fishes and raw meat.

Content:

- A healthy, comforting and dynamizing breakfast (bowl cake, pudding bowl)
- An energizing and dietetic bowl (buddha bowl, poke bowl, quinoa bowl, bibimbap)
- A colourful, fresh and tasty dessert (smoothie bowl, açaï bowl)

In this title readers will find recipes inspired by tendencies from all around the world, that will seduce lovers of healthy and original food.

The Author:

Dietician and nutritionist with a state-registered diploma, **Adélaïde d'Aboville** lives in Paris and is a real coach who accompanies her clients in their quest for well-being and health. Her website: <https://adelaide-nutritionniste.fr>

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