

Recipes Gluten Free

September 2017



Synopsis:

Adapting your diet to « gluten free » must not be synonymous with sadness in the kitchen! In opposition to what we can hear, gluten free cooking is far from being tasteless. The aim of this book is to learn how to eliminate healthily gluten from your diet, and still have a delicious and pleasant meal to eat.

Content: 40 recipes

- Breakfast and Brunches
- Main courses
- Appetizers
- Celebration meals
- Snacks
- Desserts

The Author:

Following many experiments in her kitchen, the blogger **Mademoiselle Sensa Glutine** learnt how to realize simple but delicious meals and recipes approved by numerous followers. According to her, cooking without gluten is being closer to what nature has to offer: seasonal products, fresh and respectful of the environment. She proves that « gluten free » is adapted to family life, full-time job, and small budget.

This book is made in partnership with Bjorg, but can be adapted if this brand is not available in your country.

- **Specs:**
 - 112 pages
 - Series: Cooking
 - 180 x 230 mm
 - Date of Issue: September 22nd 2017
 - Paperback
 - RPP: 12 €
 - ISBN : 9791032301876



Éditions
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