

Super Flours

September 2017



Synopsis:

Chestnut flour, corn flour, chickpea flour, millet, lupin, etc. These super flours have many benefits for our health, and they will bring an original touch to your desserts. Discover them in 40 recipes that will surprise you. You will no longer be able to do without these super flours!

The author:

Jennifer Hart-Smith is french - australian. After having worked for a few years in the graphic and web fields, she changed life and started baking. Very interested in plants and environment in general, she studies holistic naturopathy. According to her, cakes have to be as beautiful as they are good. She is very sensitive to the concept of “digestibility” (digestion and sensitivity), and likes to know where her ingredients come from.

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