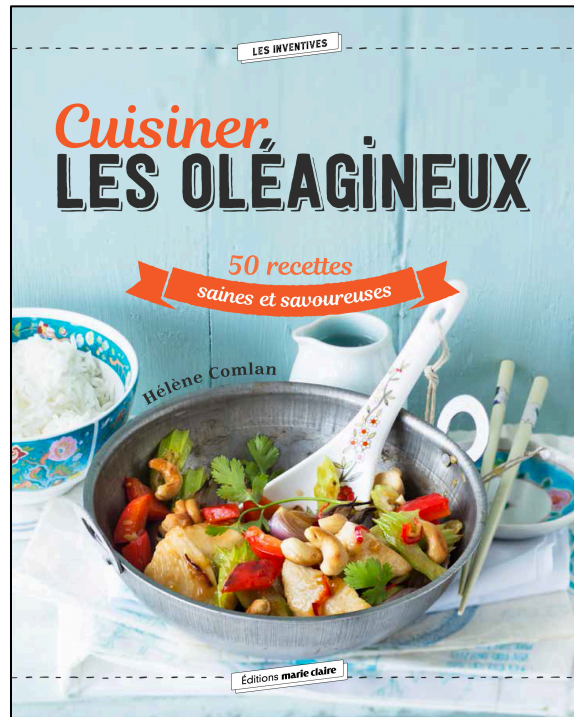


Cooking with Dried Fruits and Oleaginous

February 2019



Synopsis:

Almonds, peanuts, nuts, hazelnuts, cashew nuts, pine nuts and pistachios are full of vitality and are rich in essential fatty acids (omega 3 and 6), in fibres, vitamins and minerals.

You can use them in many different ways (beverages, spreads, sauces, mashed, etc.) and integrate them easily to many recipes. They will bring sponginess or crispiness to your recipes, and always a unique taste.

Content:

- Focus on the main families of oleaginous
- Why is good fat important for the health?
- Fatty acids
- How to use oleaginous when cooking?

The Author:

Hélène Comlan is a naturopath. She received a formation from the Institut Supérieur de Naturopathie, ISUPNAT. She is the author of *Herbal Teas and Infusions* and *21 Days Detox Program* with Marie Claire Books.

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