

Incredible Spelt

March 2019



Synopsis:

Spelt is considered as one of the best cereals. This ancestral cereal has much more interest than wheat. It is rich in amino acids, B1 and B2 vitamins, magnesium and calcium. Its main qualities are: being digestible, improve digestive process, lower cholesterol and sugar levels in blood, and it even has some anti-stress properties.

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

Content:

40 ideas from breakfast to dessert: brioche, granola, cookies, tabbouleh, blinis, risotto style, crumble, sliced bread, baguette, etc.

The Author:

Audrey Doret is a chocolate maker. She already published several cooking titles with Marie Claire Books: *Healthy Pastries*, *Desserts with Natural Sugars*, *The Very Best of Chocolate*, *Cakes with Three Ingredients Max*.

■ Specs:

- Collection: Cooking
- Publication: March 19th 2019
- RPP: 12 €
- 112 pages
- 180 x 230 mm
- Paperback
- ISBN : 979-10-323-0351-1