

Quinoa, Buckwheat and other Cereals

April 2019



Synopsis:

Cereals appear to be an interesting alternative considering nutritional intake (they are rich in fibres, minerals and proteins), but also considering the diversity of tastes. They are unavoidable for people gluten intolerant, but also for people fond of healthy cooking. Helene Comlan teaches to readers how to cook them in 40 original and delicious recipes.

Content:

- Cereals with gluten
- Cereals without gluten

- Why are we intolerant to gluten?
- Difference between allergy to wheat, sensitivity to gluten and coeliac illness.

- The different type of flours
- White bread or wholemeal bread

- Cooking and preparation of the cereals.

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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