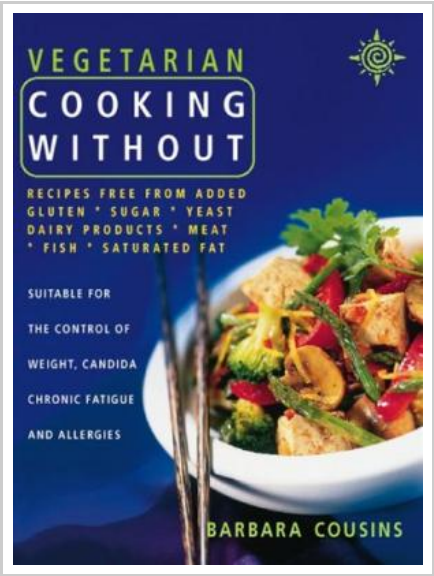


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Vegetarian Cooking without: Recipes Free from Added Gluten, Sugar, Yeast, Dairy Products, Meat, Fish, Saturated Fat

By Barbara Cousins

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Vegetarian Cooking without: Recipes Free from Added Gluten, Sugar, Yeast, Dairy Products, Meat, Fish, Saturated Fat, Barbara Cousins, Meat-free recipes from the author of Britain's bestselling special diets cookbook: Cooking Without Over 100 wheat, gluten, sugar, salt, dairy products, yeast, saturated fat and meat free recipes. Over 30,000 people have felt well again after using Cooking Without - people with allergies, chronic fatigue (ME), candida and other illnesses. The programme encourages you to build health by eating sufficient of the right kind of food at regular intervals. The result is a way of eating which encourages the body to produce extra energy which can then be used for elimination, healing and weight control. The book was commissioned in response to huge demand for a new vegetarian Cooking Without. These recipes ensure that the right balance of protein in included.

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Reviews

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