



## Clean Cooking: More Than 100 Gluten-Free, Dairy-Free, and Sugar-Free Recipes (Hardback)

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By Elisabeth Johansson

Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Learn to both cook and eat clean with fresh fruit and vegetables, wholesome meats, and guilt-free desserts. Cooking without gluten, dairy products, and white sugar is not only easy; the results are also dizzyingly delicious. Clean cooking is a growing trend even among people who aren't allergic to gluten, dairy products, or white sugar, and it boasts the benefits of slimming you down, giving you more energy, packing your body with nutrients, and making you feel healthier. This gorgeously photographed and styled cookbook embodies the gastronomical mantra of clean cooking and eating, featuring Elisabeth Johansson's wonderfully fresh smoothies and juices; alternative breakfasts and snacks; new ways of baking bread; hearty vegetarian, seafood, and meaty meals; and sweet offerings that you can enjoy without a guilty conscience. Johansson offers more than 100 recipes for whole meals down to individual sauces and dressings: \* Kombucha sangria and blueberry smoothie with coconut \* Gluten-free hamburgers and zero-waist steaks \* Carrot, parsnip, and zucchini spaghetti with king crab...



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