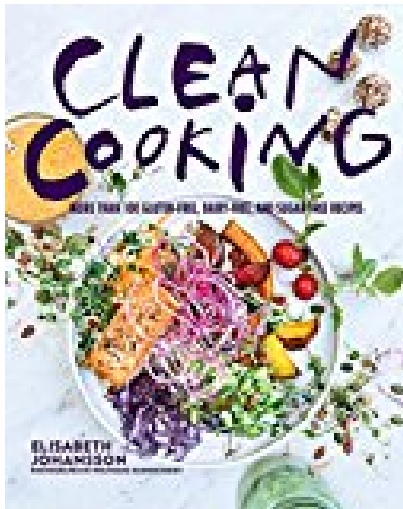


Clean Cooking More Than 100 Gluten-Free Dairy-Free and Sugar- Free Recipes



BOOK DETAILS

- Author : Elisabeth Johansson
- Pages : 160 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1510709045



BOOK SYNOPSIS

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 over green curry • Carnitas, guacamole, and mango salsa • Gluten-free scones with fig jam and "raw food" brownies • And many more! Packed with raw superfoods, an abundance of vegetables, and wholesome meat and seafood products, Clean Cooking will show you how to cook, eat, and feel healthy—while enjoying the entire ride there. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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