



Fresh Cuisine Recipe Book: Sugar/Gluten Free & Vegan Recipes, to uplift and enhance your lifestyle

Amanda J Sloan

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This gluten/sugar and vegan, cookbook has many tasty recipes. These are pretty easy and practical to make; sweetened using fresh fruits, nuts and spices. They are delicious and have good results. A real selection and variety are included, suiting different tastes. Detoxing the body, these recipes are suitable for most diets recommended for good health. The recipes use fresh produce, ensuring the goodness! Enjoy using raw and whole foods, which deliver enzymes and nutrients. These are good for the digestive system and liver, using minimal extra virgin olive oil (preferably uncooked)! The recipes are healthy, with a balance of ingredients. Nutritional needs are important; here are plenty of recipes using protein foods. This book is great for vegetarians and vegans. Good for any health conscious people, and a healthy pantry!

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Mary Ehlers:

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