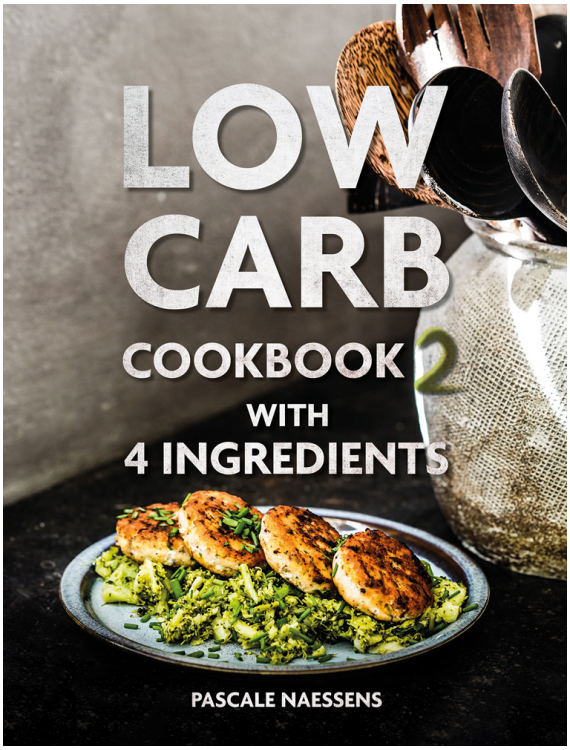
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Low Carb Cookbook with 4 Ingredients 2

Pascale Naessens

ISBN	9789401468411
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	250 mm x 190 mm
Pages	224 Pages
Illustrations	260 colour
Name of series	Pascale Naessens
Price	£25.00

- The second volume from Gourmand Award winner Pascale Naessens
- This book examines the ketogenic diet and the similarities with her cooking

Nutritionist Pascale Naessens is a forerunner, trendsetter and success author in the culinary field. In 2019 she won the Gourmand Award “Best in the World” and *Low Carb Cookbook with 4 Ingredients* ISBN 9789401461481 was the best-selling book in Belgium in 2018. In this second volume she presents more than 70 new tasty and inspiring low-carb dishes according to her well-known method. She also examines the ketogenic diet and the similarities with her proposed way of eating.

Belgian culinary and lifestyle personality **Pascale Naessens** is known for her delicious, easy, beautiful and healthy recipes. She has sold more than 2 million copies of her books. In 2018, 2016, 2015 and 2014 she was the #1 bestselling author in Belgium in all genres and themes. She has since become a leading voice for pure and healthy eating. A number of her books have already been translated into French, English, German and Chinese. She's also an acclaimed ceramic artist whose collection of kitchen tableware titled Pure by Pascale Naessens for Serax has enjoyed considerable international success. Housewives and top restaurants serve their food on plates and dishes designed by Pascale Naessens. 'But I don't have enough time' no longer has to be an excuse for not making healthy, delicious meals. As bestselling author, she has become a leading voice for healthy, low-carb eating. More info www.purepascale.com







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