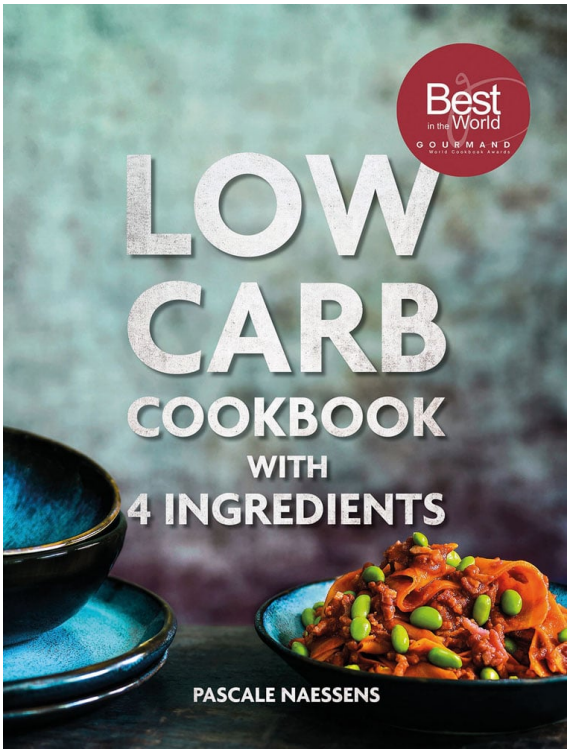
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Low Carb Cooking With 4 Ingredients

Pascale Naessens

ISBN	9789401461481
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	260 mm x 200 mm
Pages	222 Pages
Illustrations	260 color
Name of series	Pascale Naessens
Price	£30.00

- Simple and satisfying recipes made with just a few ingredients, by one of Belgium's best-selling cookbook authors
- Over 1 million copies of Pascale Naessens' books have been sold, and in 2018 she was the #1 selling author in Belgium in all genres and themes

Belgian culinary and lifestyle personality Pascale Naessens is known for her easy and healthy recipes, but with these 65 recipes made with 4 ingredients or less she has reached the apex of simplicity. She proves that even without a lot of time, you can prepare delicious, beautiful and healthy food – with recipes that take between 10 and 25 minutes to prepare. 'Lack of time' is no longer an excuse to keep falling back on ready-made or take-out food. Pascale uses everyday ingredients and manages to bring them together into surprising and delicious meals that take your busy schedule into account and help boost your energy. Also available:*Natural Food That Makes You Happy* ISBN 9789401419833

Pascale Naessens is a former model and broadcaster, and is now one of Belgium's best-selling cookbook authors. Her influence has extended to the Netherlands and she has become the leading lady of the philosophy behind pure and healthy food. She has written 7 other cookbooks, several of which have been translated into French, English and German.

Published 30th Sep 2019