



Gluten-Free Mediterranean Gourmet Cuisine

Aslıhan Koruyan Sabancı, Aslıhan Koruyan Sabancı

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Gluten-Free Mediterranean Gourmet Cuisine Aslihan Koruyan Sabanci, Aslihan Koruyan Sabanci
Winner of the World Gourmand Award!

Aslihan's recipes are healthy, creative, and easy to make. She pairs more than 170 recipes with full color illustrations and clear directions, all adding up to one indispensable tool for anyone looking for improved health or wanting to go gluten-free.

The book is divided into the following sections: Food Sensitivity, Celiac Disease, Immune System, Essential Advice to Support a Healthy Immune System, Breakfast, Main Dishes, Desserts and Fruits, Sorbets and Drinks, and Useful Notes. Each recipe includes an information packed chart with listings for the nutritional values for carbohydrates, fat, protein, fiber, folic acid, calcium, vitamins D, E, A, B1, B2, niacin, zinc, magnesium, potassium, sodium and iron.

Aslihan's recipes have been approved by doctors and have been thoroughly researched by the author. All ingredients are easy to find from regular grocery stores.

For more information visit Aslihans Website: <http://www.akswellnessllc.com>

Reviews from the Press

"[She] presents the healthy tastes of Turkish and world cuisine..." – CNN

"For everyone who likes the Mediterranean and Aegean cuisines and desires a healthy diet!" – Vogue

"An incredible resource. It is beyond an ordinary cookbook; it is a scientific study" – Bloomberg TV

"There are easy-to-prepare recipes and useful information!" - Parent

"...The book is mostly based on the Mediterranean and Aegean cuisines, presenting recipes to strengthen the immune system against food-sensitivity. In addition it doesn't include hard-to-find ingredients like almond flour or chickpea flour to replace products containing gluten." Men's Health Turkey

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