



Gluten Free Mediterranean Gourmet Cuisine: Invaluable Recommendations for a Healthy Immune System

Aslihan Koruyan Sabanci

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Gluten-Free Mediterranean Gourmet Cuisine - First place winner at the 17th annual Gourmand World Cookbook Awards in the category of "Best Health and Nutrition" Gluten-Free Mediterranean Gourmet Cuisine author Aslihan Sabanci's recipes are healthy, creative and easy to make. Developed by the author, integrating her culinary and nutrition education with her favorite family recipes, each delicious dish features ingredients easy to find at your local grocery store. Showcasing over 170 recipes with full color illustrations and clear directions, Aslihan has created an indispensable guide 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 As a bonus, 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 Editorial Reviews: (This can be made into it's own section on the book's Amazon page, and you can add more quotes if you like) "[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

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