

# H. TITLE INFORMATION

## QUICK DISHES WITHOUT FINISHED PRODUCTS

by Sandra Frantza

### CONTENT:

For all those who used to catch at seasoning blends when aiming at a quickly prepared meal, Sandra explains in her new cookbook how easy all these favourite dishes can be prepared even without any processed ingredients.

Originating from her own food blog and responding to her followers' enquiries, this colourful book presents more than 40 recipes such as paprika cream escalope, salmon spinach lasagne, creamy onion chicken, or leek and cheese soup, all of them prepared with justifiable expenditure of time and thoroughly with natural ingredients.

**The author** started her blog (<https://sandraskochblog.de>) in 2014, sharing meanwhile more than 500 articles covering nutrition and recipes, with a main focus on low-carb nutrition. She also runs an Instagram account with 200,000 followers and can be me on YouTube and Facebook.

Rights all available

### SPECIFICATIONS:

- 112 pages
- coloured throughout
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