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HEALTHY COOKING! HEALTHY RECIPES FOR A GOOD AND NATURAL COOKING

THE BOOK

Cooking together is a beautiful way to share knowledge, pleasures and emotions. In front of the stove you can learn a lot, even about your own well-being because our health is also a matter of nutrition.

This book collects delicious Italian recipes and is dedicated to all those who wish to follow a balanced diet able to suit their needs and please their palates.

THE AUTHORS

TEXTS AND RECIPES: Chef Giovanni Allegro

He's a well-established and respected Italian chef.

He specializes in natural cooking, currently teaches at the Cascina Rosa cookery school, and is involved in several research projects on prevention connected with healthy diet and adequate physical activity.

NATURAL RECIPES BY CHEF GIOVANNI ALLEGRO