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## **Cooking Without All Recipes Free From Added Gluten Sugar Dairy Produce Yeast Salt And Saturated Fat**

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1) Use a deep, wide pot like a stockpot (or a dedicated deep-fryer) and enough oil to submerge the

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food you'll be frying. But leave at least 4 inches between the top of the oil and the lip of the pot to avoid spillovers and reduce splatters.

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'Cooking Without' written by nutritional therapist Barbara Cousins is not only a collection of delicious and easy to make recipes but is also a book about health – how to gain it and how to keep it. The recipes in 'Cooking Without' obtain their flavour from ingredients that are health promoting rat

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In 'Cooking Without Made Easy' Barbara offers ultra-simple new recipes all of which are free from gluten, dairy, sugar and yeast. They include lots of one-pot meals, and cakes and cookies also rely on the all-in-one method for simplicity. In this book Barbara summarises the effect that 'Cooking Without' can have on people's lives.

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