



# Vegetarian Cooking Without: All recipes free from added gluten, sugar, yeast, dairy produce, meat, fish and saturated fat (Text only)

By Barbara Cousins

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‘Vegetarian Cooking Without’ by nutritional therapist Barbara Cousins was written following requests for a vegetarian version of ‘Cooking Without’. So many vegetarian books rely heavily on the use of cheese, milk, cream and wheat and appetizing dishes without these ingredients are harder to find.

‘Vegetarian Cooking Without’ contains recipes that are well balanced and delicious but without the use of ingredients such as gluten, dairy produce, sugar, yeast and saturated fats. These foods can cause individuals to have a variety of health problems. The recipes are not only for vegetarians but for anyone wishing to include more, healthy, enjoyable vegetarian meals in their diet whilst avoiding certain problem foods.

All Barbara’s books contain a written section about health and in the front of this book Barbara covers topics such as ‘blood sugar balance’, ‘mental and emotional detoxification’, ‘the menopause’ and ‘weight control’.

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## **Editorial Review**

### From the Back Cover

'Cooking Without' is not only a collection of delicious and simple recipes but is also a book about health: how to gain it and how best to keep it. By giving the body a sufficient amount of the nutrients it needs, it has the best opportunity to heal itself and stay well.

The recipes in 'Cooking Without' obtain their flavour from ingredients which are health promoting rather than from high levels of salt, fat or sugar. Ingredients such as wheat, dairy products and yeast, which cause many individuals to have health problems, have also been excluded. These foods, which are often linked to health disorders such as candida and irritable bowel syndrome, can also be an underlying factor in more serious health problems.

The book encourages you to build health by eating enough of the right kind of food at regular intervals. The result is a way of eating that encourages the body to produce extra energy which can then be used for elimination, healing and weight control.

### About the Author

Barbara Cousins is a nutritional therapist who wrote her first book over 26 years ago. 'Cooking Without' was written for the benefit of Barbara's clients and was self-published in 1990. 'Cooking Without' was taken over by Thorsons in 1996 and was followed by another two books in the series, 'Vegetarian Cooking Without' and 'Cooking Without Made Easy'. Her latest book 'Easy Tasty Healthy' came out in 2016 and this book is free from soya and eggs as well as gluten, dairy, sugar and yeast because so many people now have problems with these foods too.

Find out more about Barbara and her work, on her website, [barbaracousins.com](http://barbaracousins.com)

## **Users Review**

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#### **David Gaytan:**

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**Robert Carlson:**

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