



# The Quick and Easy Organic Gourmet: Delicious, Healthy Meals Without Meat, Wheat, Dairy, or Sugar

*Leslie Cerier*

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## **The Quick and Easy Organic Gourmet: Delicious, Healthy Meals Without Meat, Wheat, Dairy, or Sugar** Leslie Cerier

Designed for vegetarians, vegans, the allergy-stricken, and those who are interested in food as a means of healing, The Organic Gourmet offers imaginative and mouth-watering recipes for pastries, cookies, muffins, breads, casseroles, and more, with simple directions for preparing and inventing unlimited variations to suit moods, cravings, and busy schedules.

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