



The Extra Virgin Kitchen - The No.1 Bestseller: Everyday Healthy Recipes Free From Wheat, Dairy and Refined Sugar

Susan Jane White

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The No.1 bestselling cookbook from sassy food revolutionary Susan Jane White, full of seriously tasty recipes for high energy and glowing health, all free from wheat, dairy and refined sugar.

When Irish food writer Susan Jane White was advised to stay away from wheat, dairy and refined sugar during a debilitating illness, her food future seemed bleak, bland and boring. So, drawing on her gastronomic background, she created seriously tasty recipes that didn't compromise her health. The result? Susan Jane's energy levels went through the roof and her friends and family began to look for her 'free-from' recipes whether or not they had intolerances.

Packed with Susan Jane's delicious wheat-free, dairy-free and refined sugar-free recipes and full of invaluable advice for anyone starting out on their own health journey, *The Extra Virgin Kitchen* is your ideal kitchen companion. Funny, informative and full of personality, *The Extra Virgin Kitchen* will change how you cook, eat and view food forever. Get ready to embrace healthy eating and nutritious cooking – with no sacrifice to fun or flavour!

'If anyone ever needed proof that super-healthy food makes a huge difference to your energy levels, immune system and general vitality, then one look at the ever-effervescent Susan Jane White would tell you everything you need to know.' Bestselling chef Rachel Allen

'Do you and your body a favour – read this book. Susan Jane White knows what's good for you and it doesn't hurt that she writes like a dream.' Róisín Ingle, *The Irish Times*

'Hilariously written and filled with do-able and exciting new recipes.' Food writer and TV personality Donal Skehan

Also by Susan Jane White: *The Virtuous Tart – Sinful but Sainly Recipes for Sweets, Treats and Snacks*

You can watch Susan Jane in action on Jamie Oliver's Drinks Tube YouTube channel.



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