

Leon Fast Free Free From Recipes For People Who Really Like Food

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- John Vincent, LEON co-founder Each recipe in this beautiful cookbook is completely gluten-, dairy- and refined sugar-free, with many following a 'paleon' formula (LEON's version of Paleo). From recipes for gluten-free Spaghetti Vongole to chocolate beetroot cake, breakfast dahl to chicken and olive tagine, this book contains recipes for every meal of the day and every occasion, and proves that a free-from menu can be utterly delicious.

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Leon Fast & Free | Oliver Bonas

Get this from a library! Leon : fast & free : free-from recipes for people who really like food. [Jane Baxter; John Vincent, (Restaurateur); Tamin Jones; Leon (Restaurant)] -- 'LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food. We've always done it.

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Menu - Leon Restaurants

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