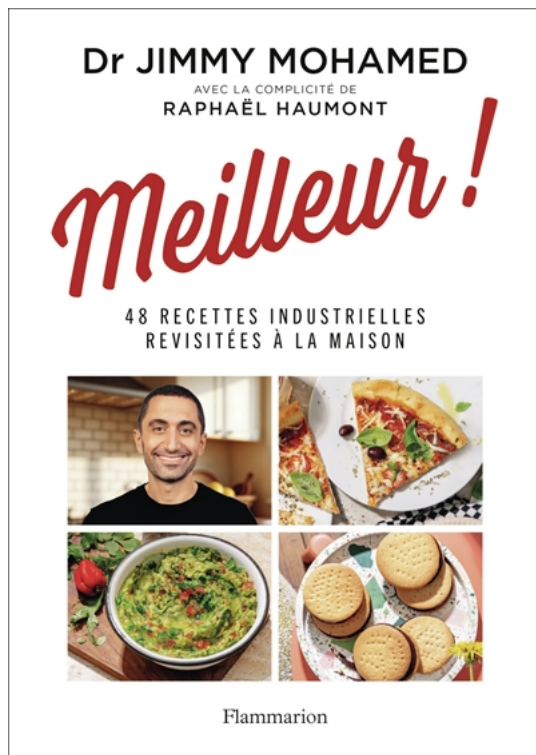




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Better!

48 Industrial Classics Made At Home

Author: Jimmy Mohamed

Publisher : Flammarion

Category :

Genres : Food and Drink

Keywords : Cooking - Health - Homemade

The debut cookbook from bestselling health expert Dr Jimmy Mohammed.

This title offers a practical alternative to ultra-processed foods by presenting 48 simple, affordable, and healthier homemade versions of popular, often mass-produced dishes. Developed and tested by culinary expert Raphaël Haumont and Dr. Jimmy Mohamed, each recipe encourages a return to real ingredients, aiming to reduce the intake of added sugars, artificial colorings, and other additives—without compromising on enjoyment or flavor!
