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Kathy Smart

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Live the Smart Way: Gluten Free Cookbook Kathy Smart

This cookbook is a collection of tested and tasted recipes that are so delicious you forget that they are good for you!

Kathy Smart is a holistic chef with a passion for food and life. As a nutritionist and a personal trainer with 14 years of experience, Kathy is intimately familiar with food both as fuel and as a source of comfort. However, as an individual with celiac disease, her love of good food was limited, and flavour was often compromised. In an effort to level the playing field, she engaged the skills of another foodie with a passion for fine French cuisine and combined the best of both worlds. Live the Smart Way offers over 60 simply delicious recipes from the Smart Kitchen that include nutritional analyses and smart facts and tips. Here the timeless traditions of the world of French gastronomy meets the Smart World to bring you great food that just happens to be good for you, too! Welcome to the Smart Kitchen!

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