



THE MUFFINS EVERYONE'S TALKING ABOUT 80 easy recipes, with no added sugar or fat Madame Labriski

The date puree revolution continues!

200 pages

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Madame Labriski makes no secret of it: her mission is to help people cut down on their (over)consumption of refined sugar.

After the major success of *So Long Refined Sugar, Hello Date Puree!*, along comes a new cookbook entirely devoted to muffins sweetened with date puree.

There is no refined sugar or any kind of fat hidden in these 80 recipes. What makes them different: all of the recipes are made with gluten-free or traditional flours, vegan eggs, egg substitutes or hen's eggs, and plant-based drinks or milk. As well, one chapter is devoted to grain- and cereal-free muffins, and another to muffins to make in a cup. Whether for a snack or for breakfast, to go with soup or as a dessert treat, you'll find in this new book a wealth of possibilities to boost your physical energy and intellectual stamina!

Strong points

- Recipes sweetened with date puree, high in fibre and with no added fat, providing a hearty energy boost.
- The book also contains savoury recipes to go with an omelette, soup or salad.
- All the recipes are suitable for vegans or people with gluten intolerance.
- The author presents a Top 5 list of muffins to eat BEFORE and AFTER exercising, to get your body fully ready for physical exertion and later recovery.
- True to form, the author uses a simple technique: concocting recipes using nothing more than a bowl and a spoon!

Madame Labriski is Mériane Labrie. The mother of two children, she believes anything is possible in life. Full of enthusiasm and possessing extraordinary energy, she firmly intends to contribute to improving the health of... arthlings... one recipe and one spoonful of date puree at a time.



THE DATE PUREE
REVOLUTION

So long, refined sugar!
Hello, date puree!

North American English and French
rights sold

60 000 copies sold in Québec only
in the first year!