



# **Sugar free, gluten free and preservative free KISS Method of Cooking**

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# Sugar free, gluten free and preservative free KISS Method of Cooking

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## **Sugar free, gluten free and preservative free KISS Method of Cooking** Sandy Koutalis

The journey of writing cook books began in 2009, I was encouraged to scribe the recipes as they were simple and delicious. Keep it simple sweetheart was just a flow on from the first book, where I used a lot of recipes that my mother always used, yet I had to convert from Imperial measurements, Fahrenheit temperatures to metric measurements and centigrade temperatures. I now know that 1 ounce of butter is 33 g of butter or one of my finger widths. I placed my personal twist to these recipes. I also added some favourites of mine. It is amazing what you learn on the cooking journey as I am sure that you will discover! Have an excellent time creating fare to tantalize your taste buds.

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