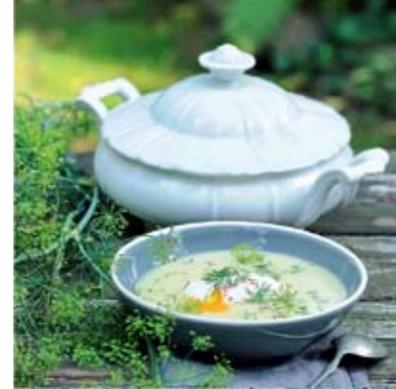




# *Organic* **ABC** by Hanka Zemanová



smart  
press



# New Organic Cookbook by Hanka Zemanová



80  
new  
recipes

# New Organic Cookbook

by Hanka Zemanová

Recipe photos: Alena Hrbková  
Release Date: September 2016

*Best-selling book about organic food  
and healthy cooking re-issued after ten years*

**The Organic Cookbook was first published in 2005 and won the Best Cookbook of the Year. Since then it has become a bestseller among healthy cookbooks and has proven that health food can also be visually appealing.**

*Sold more than 33 000 copies*

Hanka has completely revised her Organic Cookbook to include the most up-to-date information on organic food, new dietary trends and ecological agriculture, which readers are sure to draw inspiration from in their daily lives. With the help of many experts she objectively evaluates the latest nutrition trends (e.g. raw, gluten-free food, superfoods, etc.) and provides advice on how to navigate these trends and form your own opinions.

Hanka's approach also demonstrates how to both eat and live healthily and in line with common sense. As a result, healthy cooking will become simple and natural. The book also shows how to enrich the diet and start using forgotten, yet wonderful foods such as legumes, especially chickpeas, beans, red lentils, peeled mung, whole-grains such as millet, sorghum, einkorn, spelt, buckwheat, and unusual and gluten-free flours, such as red lentil and yellow pea flour.

Many recipes are gluten-free, vegetarian and vegan, but quality meat ones are not omitted either. Try the summer squash-millet dill sauce, chickpea borscht, lentil burger, pea flour pancakes, gluten-free cookies, barley pancakes, or perhaps organic turmeric chicken by excellent chef and nutritionist David Šašek (an Alliance nutritionists member), who cooperated with Hanka on the meat recipes in particular. The book is intended for both healthy cooking beginners and advanced cooks.

*Hardcover, size: 210 x 220 mm, 336 pages, retail price app. 23 EUR*



# Organic ABC

by Hanka Zemanová

Recipe photos: Alena Hrbková

*Sold more than 30 000 copies*

This second volume by the popular proponent of the organic food and cooking movement could be classified as an 'organic bible' – a comprehensive, easy-to-follow guidebook for every organic food aficionado, as well as those interested in healthy eating and lifestyle.

What's the difference between wholegrain and multigrain bread? Why is organic chicken more expensive? And is it really better? Which sweets are most suitable for children? How to choose and buy the best milk, meat and veg? To eat or not to eat meat? Answers to all of this and much more can be found within this volume, in which the author has gathered the results of a variety of scientific research, experts' recommendations and comparative views of Western and Chinese dietetics, as well as Ayurveda and macrobiotics.

In addition to the theoretical aspects, the book also offers practical tips on how to use each organic product in the best possible way, how to choose it and prepare it correctly.

The recipe section includes a number of tried and tested recipes to help healthy foods find their way into the regular eating patterns of each and every family.

*Hardcover, size: 210 x 220 mm, 440 pages, retail price app. 26 EUR*

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