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Omega 3 Cuisine

Alan Roettinger, with Udo Erasmus

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It is an established fact that omega 3 fats are indispensable to human health. They are responsible for the structure and proper function of every single cell in the human body. Omega 3 Cuisine seamlessly combines health and pleasure. Chef Alan Roettinger believes that good food must appeal to the senses~sight, smell, taste~and the imagination. With that in mind, he created this collection of recipes resulting in dishes that sound appetizing, look mouth-watering, and taste delicious. Finally, exquisite-tasting food that is healthful! The key ingredient is Udo s Oil, the premier line of oil blends developed by Udo Erasmus, internationally known authority on fats and health, and author of the best-seller, Fats that Heal Fats that Kill. Udo has set the highest standard for oil quality, and Alan skillfully prepares all the dishes so the molecular integrity of Udo's Oil remains intact and all of its beneficial nutrients are preserved. These unusual vegetarian recipes incorporate plant-based omega-3 fats into sauces, soups, salads, hors d' oeuvres, dips, condiments, vegetables, beans, grains even desserts! Clear, concise instructions ensure consistent success regardless of culinary expertise. Humorous quips keep you laughing as you cook. With important information on the health benefits of essential fatty acids, Omega-3 Cuisine is both a great cookbook and a valuable resource for improving our eating habits.

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