



Cooking with Foods That Fight Cancer

By Richard Béliveau, Denis Gingras

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Cooking with Foods That Fight Cancer By Richard Béliveau, Denis Gingras

From the bestselling authors of **Foods That Fight Cancer** comes the companion cookbook.

Foods That Fight Cancer has sold more than 180,000 copies across Canada and has kick-started a revolution in our understanding of the cancer-fighting properties of food. Now we know of the health properties of green tea, dark chocolate, and red wine, but how do we learn to incorporate these foods into our daily diet? Anticipating this dilemma, authors Richard Béliveau and Denis Gingras have teamed up with professional chefs to create **Cooking with Foods that Fight Cancer**.

Featuring 160 specially created, delicious recipes — including Cuban Black Bean Soup, Scallop and Strawberry Rosettes, Maghreb Couscous, Sweet Chestnut Brownies — and packed with information on the latest research developments in the field, this gorgeous, full-colour cookbook is the essential companion to the first bestselling volume.

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