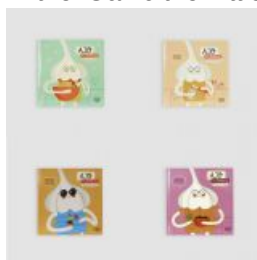


Colección 'Ajo, el cocinillas'

the 'Garlic the Little Chef' collection



Author: [Bárbara Pañeda](#) [1]

Publisher: [LOGAR IDEAS Y EVENTOS, S.L.](#) [2]

Year of Publication: 2018

Pages: 48

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Genre: Children and Youth

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'Garlic The Little Chef' is a collection of really fun cookery books with healthy recipes that promote seasonal ingredients and avoiding food waste. Garlic is the main character and the chef who cooks all the recipes and who will teach both boys and girls to make good choices when cooking. The collection consists of one book for each season containing twelve recipes by the nutritionist Bárbara Pañeda, each narrated by Garlic the little chef. Each recipe lists the necessary ingredients, the various steps and, to finish, advice and suggestions on how to complement the dish to create a delicious, healthy, nutritious meal. The collection is illustrated by Júlia Solans and the content has been approved by Cenas con Fecha de Caducidad, an organisation that organises fundraising meals under the slogan 'Eat so that others can eat too'.

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