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'LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food. We've always done it. It's always done us and our customers good. Now it's time to stop it being a secret.' - John Vincent, LEON co-founder Each recipe in this ...

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LEON: Fast & Free is the most recent cookbook in a series offered to food lovers by the chefs behind the LEON restaurant chain in the UK. LEON, the restaurant, first opened its kitchens in 2004 and was named the Best New Restaurant in Great Britain within the first six months (by a panel that included Gordon Ramsay, no less!). Their goal was simple: to change the face of fast food.

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Healthy fast food brand LEON are back, to bring you hundreds of gluten- and dairy-free recipes that are deliciously fuss-free. 'LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food.

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Healthy fast food brand LEON is back to bring you its latest cookbook – Leon: Fast & Free, which contains hundreds of incredibly tasty recipes Fast & Easy This beautiful cookbook is full of fast and easy recipes that are completely gluten-, dairy- and refined sugar-free. Sweet & Savoury Dishes ...

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At LEON, we look to make it easier for people to eat well and steer clear of things that they are either temporarily or permanently avoiding. Every recipe in this book is gluten, dairy and refined ...

LEON Fast & Free

About The Author. Jane Baxter is the co-author of LEON Fast Vegetarian with Henry Dimbleby and LEON Happy Salads with John Vincent. She also co-authored The Riverford Farm Cook Book, which won Best First Book at the Guild of Food Writers' Awards. Jane worked at the Carved Angel in Dartmouth and the River Cafe London before becoming the Head Chef at the Field Kitchen, the restaurant for Riverford ...

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