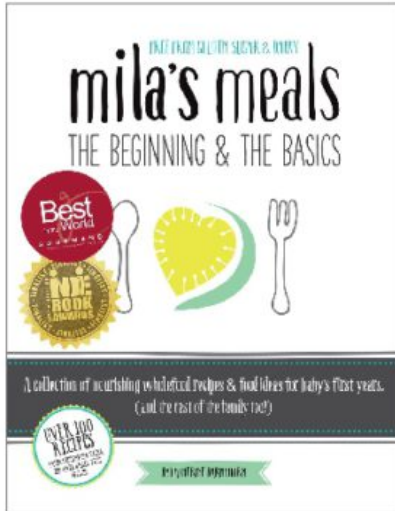


## Mila's Meals Recipe Book



Real Price: R510.00

Current Sale Price: R475.00

**SKU:** 18168

**In stock:** 4

**Product Categories:** [Library](#), [Cooking Tools & Gadgets](#), [Gifts](#)

**Product Tags:** [book](#), [books](#), [Library](#), [recipe book](#), [recipes](#)

**Product Page:** <http://www.metelerkamps.co.za/product/milas-meals-recipe-book/>

### Product Description

## Mila's Meals Recipe Book

[Milas Meals by Catherine Barnhoorn](#) is a collection of nourishing whole food recipes and food ideas for babies and the rest of the family.

Inspired by the beautiful little Mila and making sure she is healthy Catherine, based in Knysna compiled this beautiful book with over 100 recipes and an invaluable resource for you to make sure your family lives a healthy life.

Why you need this book:

- Recipes free from Gluten, Sugar and Dairy - Paleo, Vegetarian, Vegan,

Egg-Free, Grain-free options. - Colour photos for every single recipe by [Alfred Lor](#) (another brilliantly talented Knysna local)] Mila's Meals: The Beginning & The Basics has received four international book awards: - Gourmand 'Best In The World' Cookbook Award - First Book Category - Next Generation Indie Book Award - Health/Wellness Category - Gourmand World Cookbook Award - National Winner - Self-Published Category - London Book Festival Award - Cookbook Category

## Product Gallery



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