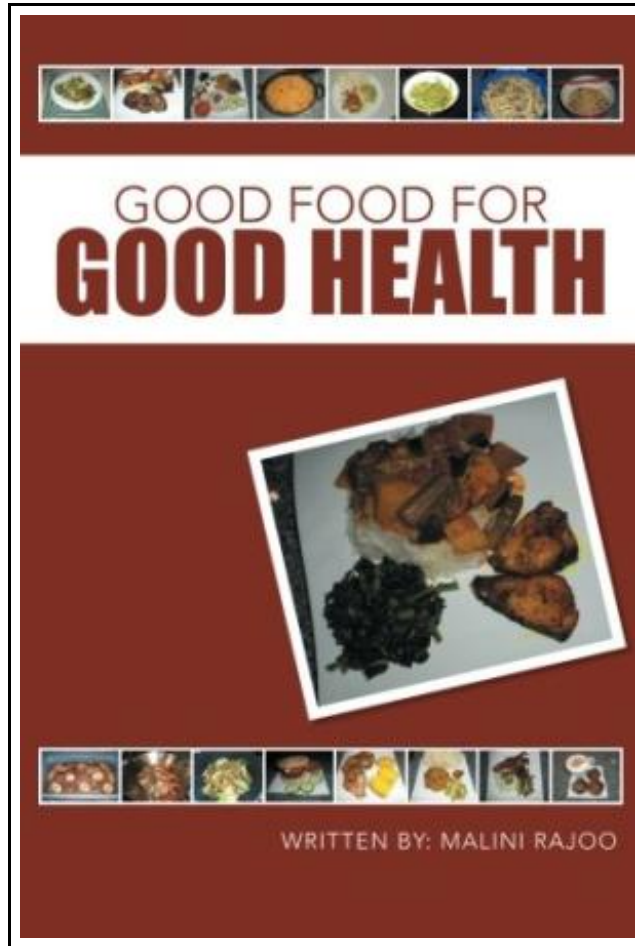


Good Food for Good Health (Paperback)



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Reviews

Excellent eBook and useful one. it was actually writtern extremely perfectly and useful. You wont truly feel monotony at at any time of your time (that's what catalogues are for about when you question me).

(Zora Koch IV)

GOOD FOOD FOR GOOD HEALTH (PAPERBACK)



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iUniverse, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It is no secret that preparing and cooking a meal is good for our souls, bodies, and minds. With that in mind, Malini Rajoo shares a collection of family recipes that demonstrate how easy it is to make and eat healthy, flavourful multi-cultural food every day. Malini, who has been long inspired by her parents and their love of cooking healthy foods, offers a diverse range of family recipes that provide vegetarian, gluten-free, seafood, and baked options sure to please both sophisticated and picky palates. Including dishes like vegetarian curry with stir-fried cabbage, gluten-free spaghetti with prawns and cherry tomatoes, and banana bread with walnuts, chia seeds, and jarrah honey, Malini s delicious and easy-to-prepare recipes use healthy oils and authentic Indian and Western spices that meld beautiful flavours with vitamin-rich ingredients. Included is useful information on the history and healthful aspects of a variety of ingredients like Bok Choy, tofu, and chilies. A diverse collection of both modern and traditional recipes, Good Food for Good Health fuses foods from different cultures, encourages cooking with passion, and promotes healthy eating.



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