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Healthy, Easy, Delicious Indian Recipes: Make Your Own Indian Food with Whole, Real Food Ingredients (Paperback)

By Ben Hirshberg

Eudaimonia Press, United States, 2015. Paperback. Condition: New. Tamara Antonijevic (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Learn to make healthy, delicious Indian food in your own kitchen! Too many cookbooks these days are filled with recipes that are either too weird or too time-consuming for the everyday home chef. Even if you do manage to make one of these fancy dishes, chances are it won't become one of your staples. Easy, Healthy, Delicious Indian Recipes takes the opposite approach, only including recipes if they have a legitimate shot at becoming a favorite for the average cook. Don't sacrifice! Simplicity shouldn't come with tradeoffs. Just because a recipe doesn't take a culinary degree to make doesn't mean it has an excuse to be bland! Indian food is known for its succulent tastes and tantalizing aromas, and it would be a crime to allow it to be anything other than delicious. By the same token, crave-worthy food should also be good for you. Our recipes are created under the Real Food framework, which follows the common-sense logic that nutrient-dense whole foods are healthier than nutrient-poor processed foods. We care about our bodies...



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