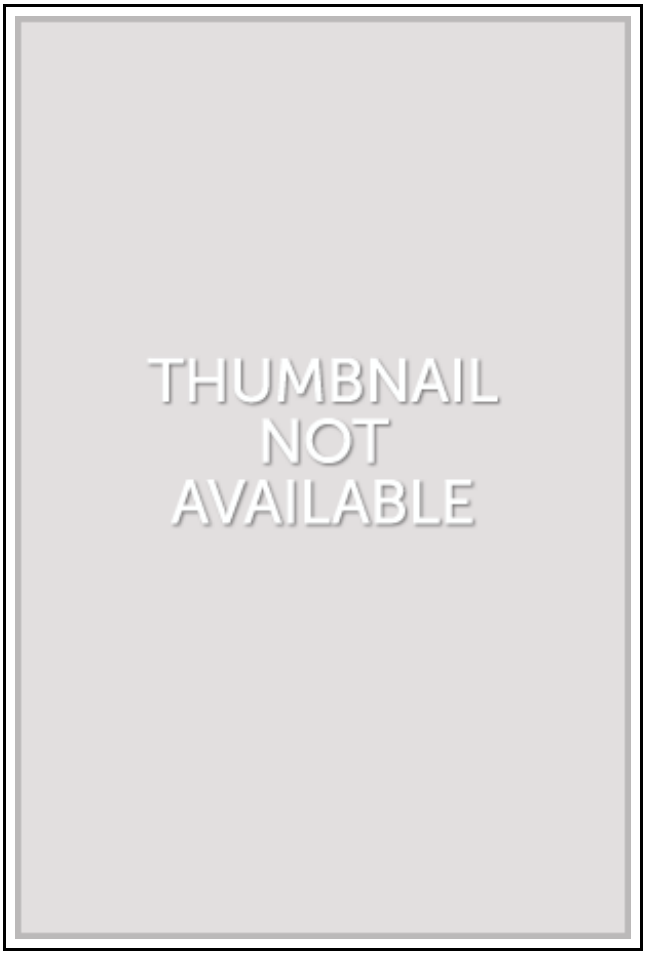
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HEALTHY COOKING - A MULTI-CUISINE COOK BOOK

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Unicorn Books, 2013. Paperback. Book Condition: New. The recipes in this book lay stress on retaining the best of taste and nutrition with optimum calories. This book contains interesting and useful tips for healthy cooking. It also gives variations in ingredients, cooking methods and substitute-recipes for healthy cooking. The author, Gurleen, being a health and fitness- conscious person, with a deep passion for cooking, has successfully brought innovation to various recipes, keeping in mind the concept of healthy cooking. She has mastered the techniques of excellent cooking from her mother and grandmother and has imbibed a good amount of knowledge on nutrition due to her father's medical background. As a consequence, this book provides invaluable tips on disease-prevention too. Her next book on "Tips in Daily life" is also under active compilation. Gurleen is also an eminent astrologer who gives lectures on the science of astrology and remedies. This book also contains: ù Delicious recipes for health-oriented cooking for: ò Indian Cuisine ò Regional Cuisine ò International Cuisine ò Pastes/Stock/Masalas and Marinades ò Soups, Salads and Sauces ò Veg and Non-Veg dishes ò Snacks/Starters, Sandwiches and Cutlets ò Puddings, Desserts and Cakes ò Home-made Chocolates ù Detailed Glossary and Cooking Terms ù Quantities in teaspoon, tablespoon and cups. No confusion in measurements ù Shortcut methods to cook various recipes in a short time.

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