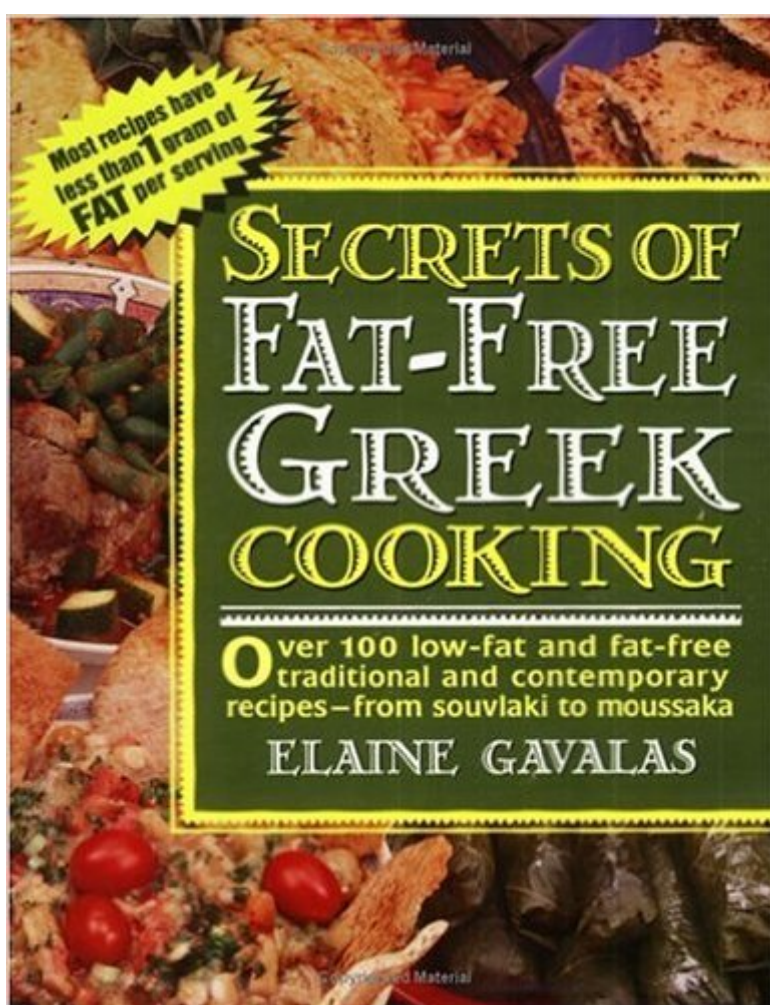


The book was found

Secrets Of Fat-free Greek Cooking: Over 100 Low-fat And Fat-free Traditional And Contemporary Recipes (Secrets Of Fat-free Cooking)



Synopsis

Discover the world's healthiest and most delicious diet with Secret's of Fat-Free Greek Cooking. Naturally delicious, traditional Greek cooking uses simple, wholesome ingredients and is the perfect antidote to the typical high-calorie, processed foods diet. Now you can learn how to make mouth-watering traditional Greek delights, using the latest cooking products and techniques, for your eating pleasure. Includes complete nutritional analysis for each recipe and a glossary of commonly used ingredients. Using Secret's of Fat-Free Greek Cooking as a companion book to The Yoga Minibook for Weight Loss can help you achieve and maintain your desired weight goals, make your best food choices, and enjoy a lifetime of delicious, healthful eating and good health. Secrets of Fat-Free Greek Cooking was featured on PBS nationally with the television program, "The Greek Americans". Whether you are cooking for a holiday get-together, your family or yourself, you'll find Secrets of Fat-Free Greek Cooking a treasure trove of timeless Greek classics and contemporary favorites. The gods would approve.

Book Information

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Customer Reviews

This book is really quite interesting, very thorough, and the recipes truly are as about fat-free as you can get. Interestingly enough, a lot of them are also low carb as well. Very informative about Greek culture and customs as well. My only wish is that there were more recipes although there is enough presented to keep one busy for quite some time. I highly recommend this book. The author certainly

knows how to invite strangers into her life (and to her table.) This book is exactly what it states it is and is truly a keeper.

The lamb dishes are OK, but most of everything else does not have the authentic Greek flavor. Does not taste very good after having had the real stuff.

I find some of the ingredients difficult to find in local stores and I am rather disabled. I cannot even shop much.

Everyone thinks that Greek cooking has to have loads of fat in it to taste good. This cookbook shows that belief to be wrong. You can prepare the recipes in this book without any guilt involved. Not only that, but the recipes are so easy to follow that even a non-Greek can cook like a pro. Opa!

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