Simply Great Food: 250 Quick, Easy & Delicious Recipes

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Reviews

The book is straightforward in read through better to recognize. it absolutely was writtern quite completely and valuable. Its been printed in an exceptionally simple way which is only after i finished reading this book where really altered me, alter the way i believe.
(Kenyatta Berge DDS)

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Robert Rose, U.S.A., 2009. Soft cover. Condition: New. Recipes for Canadians, by Canadians Everyone wants healthy, delicious, home-cooked meals. But faced with the demands of a busy day, it's hard to resist the convenience of takeout or commercially prepared foods. The Dietitians of Canada would like us to return to the pleasures of cooking and to family gathering around the table, so they have given us a cookbook that will help us achieve these goals. Here are just a few of the tempting recipes: ¿Big-Batch Buttermilk Pancakes ¿Strawberry Orange Flax Smoothie ¿Asian Stir-fried Noodles with Shrimp ¿Minestrone with Turkey Sausage ¿Best-Ever Chocolate Cookies Simply Great Food features 250 outstanding recipes and an abundance of nutrition-related information written by practicing dietitians. You'll enjoy breakfasts, lunches, snacks and dinners that taste wonderful, yet can be prepared in surprisingly little time. You'll receive an education in food preparation and healthy eating while satisfying your desire to create appetizing meals for every occasion. As you'd expect from the Dietitians of Canada, these recipes are nutritionally balanced, but never at the expense of great taste and pure eating pleasure.

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