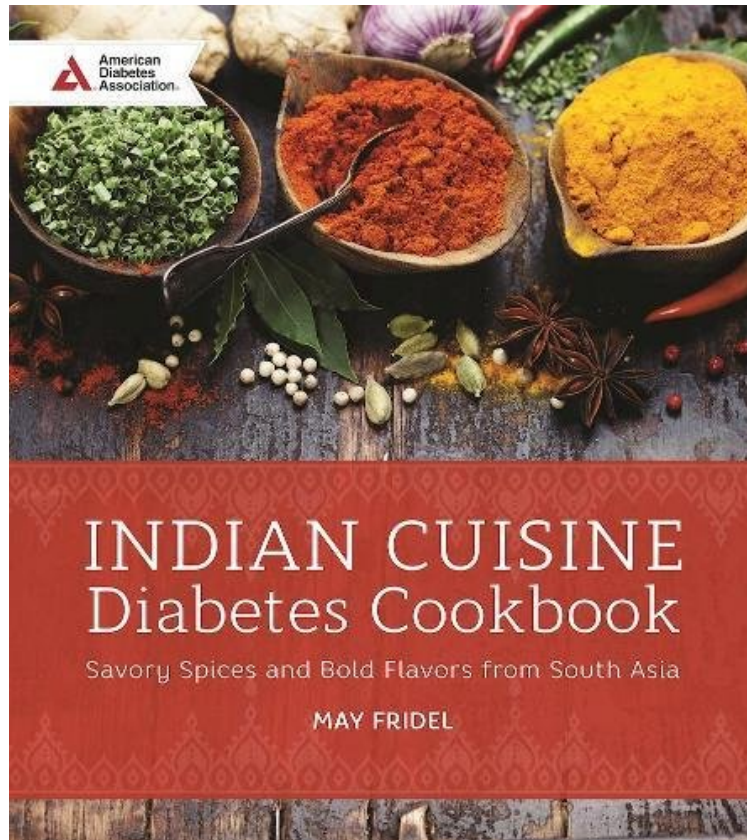


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Indian Cuisine Diabetes Cookbook: Savory Spices and Bold Flavors of South Asia

May Abraham Fridel

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May Abraham Fridel : Indian Cuisine Diabetes Cookbook: Savory Spices and Bold Flavors of South Asia before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Cuisine Diabetes Cookbook: Savory Spices and Bold Flavors of South Asia:

The Indian Cuisine Diabetes Cookbook brings the taste, aroma, and health benefits of basic and exotic Indian spices into the kitchen for those with diabetes or prediabetes, or those simply looking to eat and feel better. Delicious Indian dishes that are packed with flavor and fiber-rich ingredients are simpler than you think, and the quick, easy-to-make meals have all been adapted to meet the guidelines of the American Diabetes Association. Emphasizing a healthy eating philosophy, this cookbook helps the home cook make non-processed meals from scratch in no time at all. Each recipe has been carefully crafted to deliver authentic and bold Indian flavors while using practical techniques and tips for the modern cook who doesn't have the time nor the complicated tools used in traditional Indian cooking. This

collection is a culinary trip through the flavors and spices of India.