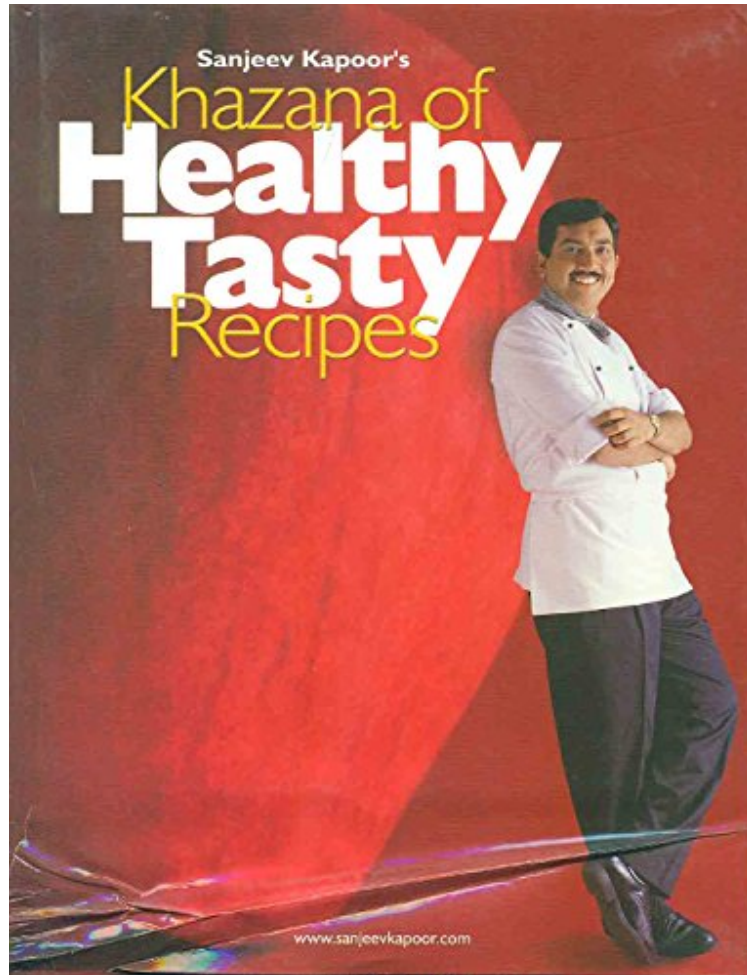


(Mobile book) Khazana Of Healthy Tasty Recipes (Any Time Temptations Series)

## Khazana Of Healthy Tasty Recipes (Any Time Temptations Series)

*Sanjeev Kapoor*

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**Sanjeev Kapoor : Khazana Of Healthy Tasty Recipes (Any Time Temptations Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Khazana Of Healthy Tasty Recipes (Any Time Temptations Series):

Once again the Master Chef Sanjeev Kapoor has cooked up a book, which comes straight from the heart. This gamut of recipes gives us a taste of dishes that are specifically healthy, containing the essential ingredients that we need for keeping fit, avoiding those that are harmful. It also belies the common notion that healthy food is tasteless. These recipes range from soups and salads to tasty snacks and irresistible desserts. There is a wide variety of exclusive chicken, sea food and vegetarian dishes accompanied by different kinds of rice and breads. These recipes just show us how to use the right amount of everything, how to savour the flavour of ingredients, how to avoid excess of certain others. Each

recipe also includes vital nutritional information about certain ingredients or methods. It gives knowledge about how we benefit from what we are eating and offers tasty choices. The Book's slogan is "Understand Food and Relish Food!!"

"Brought out in an easy-to-cook format this book attempts to encourage people to cook-- and cook with confidence." -- The Asian Age "Kapoor cooks up a Topper" --India Today About the Author Sanjeev Kapoor's name is synonymous with Indian Cooking. Anchoring the best Cookery show for over eleven years and authoring almost a dozen best sellers he is almost a phenomenon. Consultant to a number of prestigious International Hotel Chains and recipient of a number of Awards National and International, Sanjeev Kapoor brought glory not only to himself but also to the Indian Kitchen!!