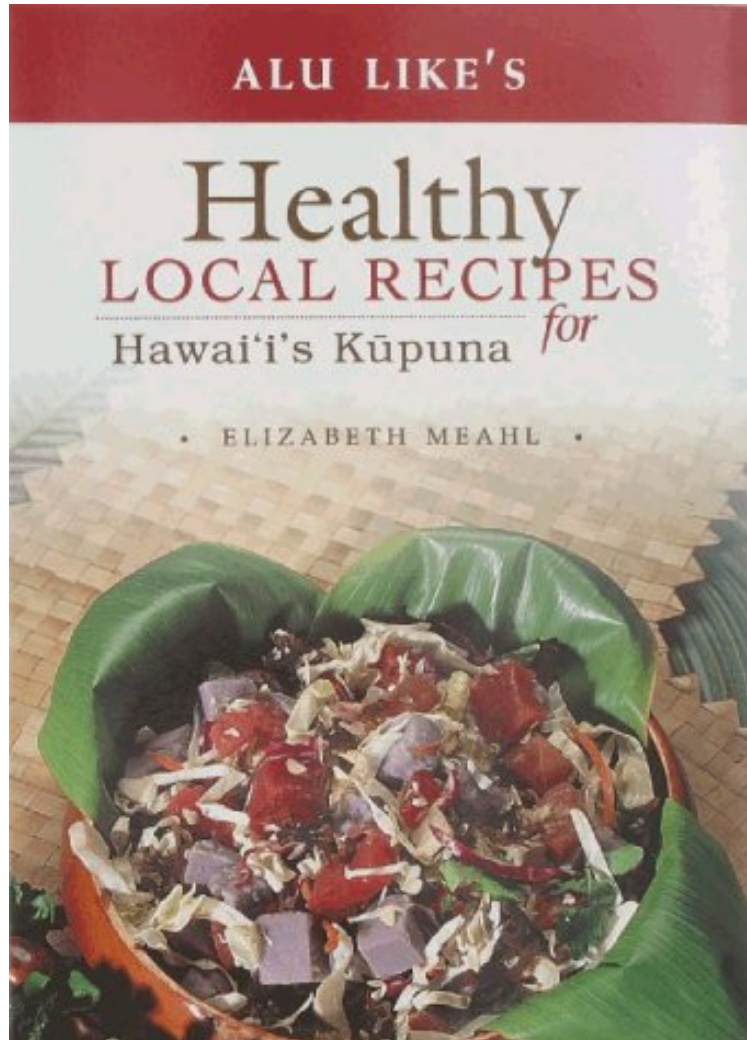


[Download ebook] Alu Like's Healthy Local Recipes for Hawaii's Kupuna

## Alu Like's Healthy Local Recipes for Hawaii's Kupuna

*Liz Meahl*

*ePub | \*DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#3503788 in Books 2003-09 Original language: English #File Name: 156647597X148 pages | File size: 55.Mb

**Liz Meahl : Alu Like's Healthy Local Recipes for Hawaii's Kupuna** before purchasing it in order to gage whether or not it would be worth my time, and all praised Alu Like's Healthy Local Recipes for Hawaii's Kupuna:

1 of 1 people found the following review helpful. so ono! or yummy.By CustomerLocal, lean, and yummy! So ono! Easy to make and hearty healthy

This cookbook is the result of thirteen years of recipe collecting by the Alu Like nutritionists, with invaluable help from kupuna, volunteers, staff and caterers. Contains over 120 easy, healthy, nutritious recipes that are low in fat,

sodium and sugar and high in vitamins, minerals and most of all, taste!