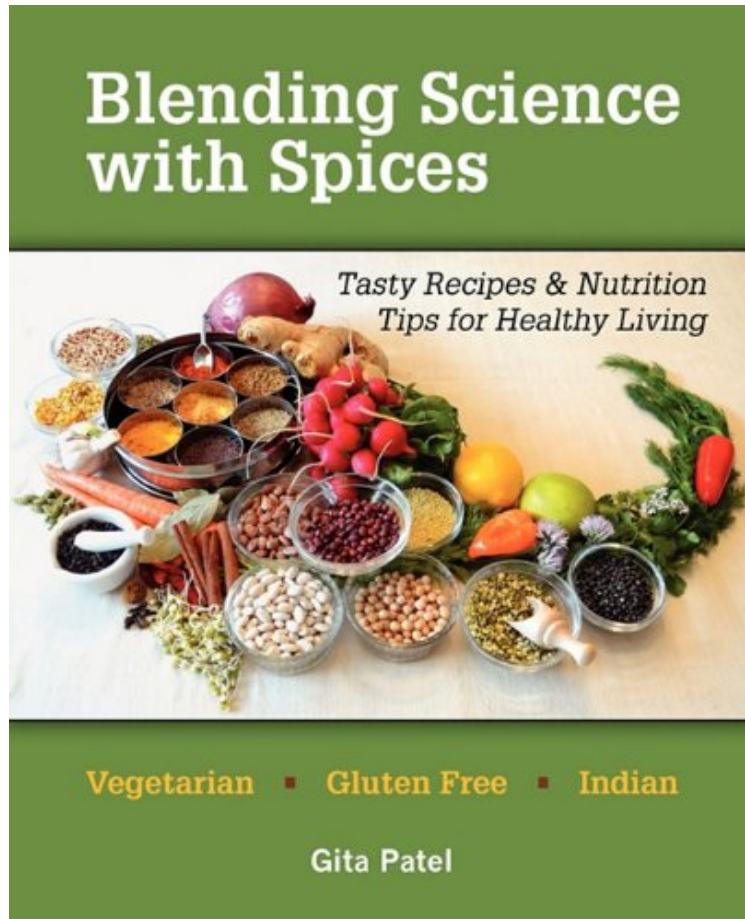


(Ebook free) Blending Science with Spices: Tasty Recipes Nutrition Tips for Healthy Living

# Blending Science with Spices: Tasty Recipes Nutrition Tips for Healthy Living

Gita Patel

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**Gita Patel : Blending Science with Spices: Tasty Recipes Nutrition Tips for Healthy Living** before purchasing it in order to gage whether or not it would be worth my time, and all praised Blending Science with Spices: Tasty Recipes Nutrition Tips for Healthy Living:

1 of 1 people found the following review helpful. Cookbook as Learning ExperienceBy Rochelle FoggThe recipes are yummy. We love the Puda. (Get the book to find out what that is.)---This book's little hints have been so helpful, even to an experienced vegetarian cook. For example, just making the statement "assemble and prepare all ingredients" is something to try. Usually I try to save time and and do two things at once. Following her advice creates much more focus. There is information on how to store ingredients, which dishes can be frozen and at which stage of preparation, how to save time preparing for several meals in advance, and even how to organize a kitchen. Gita Patel, the author, is a licensed dietician, so there is current information on the health benefits of the delicious ingredients.--- I love the variations that accompany every recipe. How many times do you see a recipe but can't try it because you don't have all

of the ingredients? ---One problem, so much of the recipes use fresh cilantro and Indian flavors. Often I cannot get cilantro and I had to mail order some of the spices.--- I have been using this book frequently for 6 months.4 of 4 people found the following review helpful. Awesome Book! Simple Recipes! Best for Vegans and Vegetarian DiabeticsBy Shivani Sharma RD LD CLTGita Patel is a very experienced dietitian and when book on nutrition is published by such an experienced person, it has to be good! This book is not only loaded with good, easy to prepare recipes but are also very healthy. Every recipe has detailed nutrition facts per serving, that is something I loved. I also liked the fact that Gita has modified our Indian recipes in a very healthy way that everyone can enjoy. It is a very good book for vegetarian diabetics, vegans and also for people who follow Gluten free diet. If you are allergic to something, Gita has also given ideas to substitute ingredients.I would highly recommend it to my patients, specially Indian vegetarians like me. Thanks!Shivani Sharma RD LD CLTOwner of Right Food ChoiceDallas, TX1 of 1 people found the following review helpful. interesting practicalBy KymThis book delivers what it says. The science and reason behind the recipe. It is written in a manner or which is straightforward and simple. There are tips for beginners also. If you are into nutrition you will love cooking from this book.

In “Blending Science with Spices” Gita Patel, takes us on a spectacular culinary journey through western India providing the reader with an array of nutritious and light Gujarati-style dishes. For each recipe, we are treated to visually exquisite, delightfully delicious, quick and easy-to-make fare. Gita serves up healthy and superbly flavorful Gujarati delights like eggplant with onions and tomatoes--each recipe with full nutrition information and a little nutrition science to highlight the ingredients. Blending Science with Spices is the perfect cookbook for healthy eaters who want to eat simple and oh so flavorful plant-based meals.