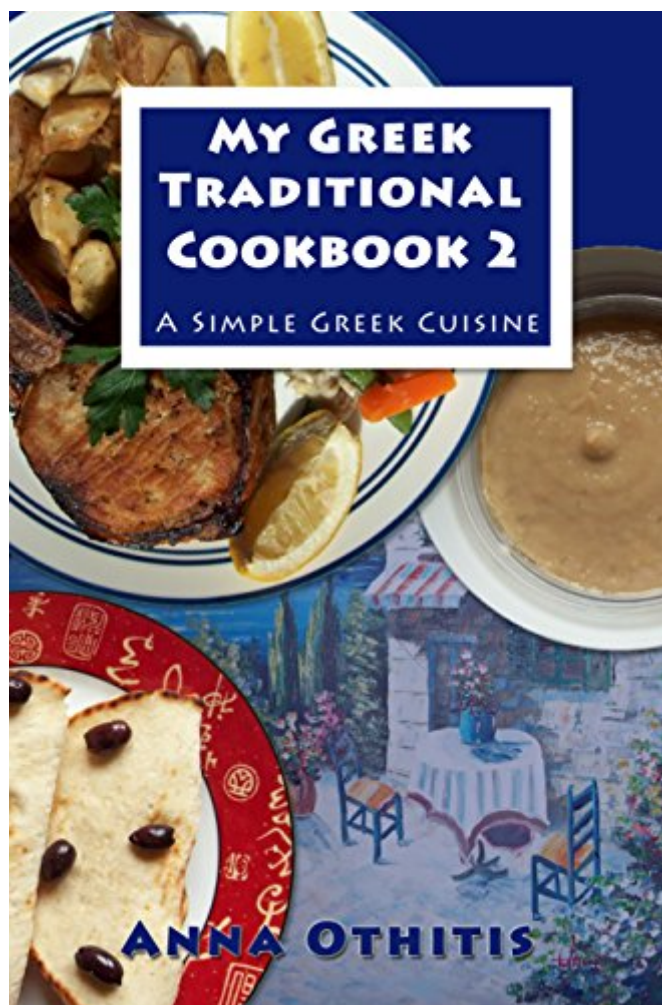


The book was found

My Greek Traditional Cookbook 2: A Simple Greek Cuisine



Synopsis

Have Fun and Enjoy These Greek Recipes "LET'S GET GREEK COOKING NOW" Natural Traditional Healthy Cooking with flavors from natural herbs. Nutritional home cooked Greek food has been proved by researchers to lessen health problems. The answer is to cook and eat a wide variety of minimal processed foods to cover all the nutritional bases. The beauty of genuine Greek cooking and eating is using a good amount of extra virgin olive oil rich in oleic acid. Legumes are rich in vitamins, vegetables high in vitamins and fibres, the probiotics in yogurt, cheeses, antioxidants in red wine, whole wheat breads, cold-pressed vegetable oils along with good exercise such as walking all increase "good" cholesterol and a healthy heart. Eat moderate portions and now and again spoil yourself with a Greek desert, baked with nuts and semolina.As served aboard "Angelic Airlines"

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Customer Reviews

After browsing through this little gem full of authentic greek recipes that look simple yet nutritious

and easy to make. Maybe I will get brave and try one of these delicious looking dishes. I give this book 5 calamata olives for a wonderful collection,

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