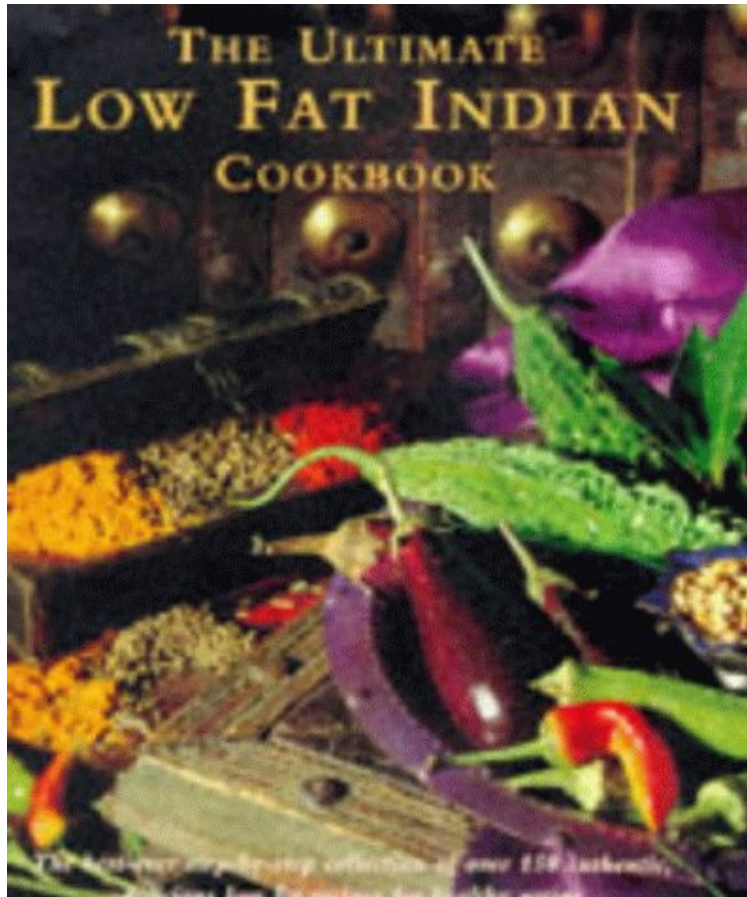


[Free pdf] The Ultimate Low-fat Indian Cookbook: The Best-ever Step-by-step Collection of Over 150 Authentic, Delicious Low-fat Recipes for Healthy Eating

## The Ultimate Low-fat Indian Cookbook: The Best-ever Step-by-step Collection of Over 150 Authentic, Delicious Low-fat Recipes for Healthy Eating

*Shehzad Husain, Manisha Kanani*  
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**Shehzad Husain, Manisha Kanani : The Ultimate Low-fat Indian Cookbook: The Best-ever Step-by-step Collection of Over 150 Authentic, Delicious Low-fat Recipes for Healthy Eating** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ultimate Low-fat Indian Cookbook: The Best-ever Step-by-step Collection of Over 150 Authentic, Delicious Low-fat Recipes for Healthy Eating:

0 of 0 people found the following review helpful. It's OkayBy Gotei Jyu-San TaichoIt's very informative and does have some good recipes. However, I was looking for an Indian cookbook that has all of the dishes you see at Indian restaurants (especially the ones served on buffets). It was very lacking in the dessert section, which was the recipes I wanted the most. It didn't have one dessert recipe that is typically served at Indian buffets. Nothing. I thought that for sure it would have Indian rice pudding, milk patties, or gulab jamun or something, but no. Nothing.2 of 2 people found

the following review helpful. Ultimate Low Fat Indian CookbookBy LynnFabulous!We have the newer version-"New Indian Cooking Course" Incredible recipes, easy instructions on cooking Indian and great pictures. Instruction for making curry powder, chapatis, etc. Cooking Indian is now our favourite pastime!

The Ultimate Low-fat Indian Cookbook dispels the myth that healthy eating has to be boring. Here are all your favourite traditional Indian dishes as well as many new - we show you just how, with a few simple changes, you can enjoy the delicious flavoursome food without guilt. Also included are some wonderful Balti dishes - traditionally rich and high in fat but here miraculously transformed into tasty but low fat versions.