



Heartsmart Flavours of India

Krishna Jamal

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Not many people realize that one of the world's greatest cuisines — Indian — is actually a result of overlapping cultural influences. This best-selling cookbook deliciously brings to life the resulting contributions of these different cultures by offering over 100 easy-to-follow recipes from India, Pakistan, Goa, Bangladesh, Sri Lanka, and East Africa. The book will also appeal to cooks demanding taste adventures that are heart-healthy: recipes are low-fat and low-salt and each recipe comes with a complete nutritional background. Color photographs are featured.

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