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# My Greek Traditional Cook Book 1: 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"

## Book Information

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## Customer Reviews

In my never ending campaign for a healthy diet, I'm always looking for ways to add variety. This little

book, has a number of terrific recipes. Simple and tasty, many are gluten free and vegetarian, low in fat and sugar...and did I say tasty? A great introduction to preparing Greek food that ought to be part of anyone's diet who's interested in good health and good eats! I got it for 99 cents, too, so what a deal!

great read

I have to agree with others on a few things. Although the price was reasonable, you get with you paid for. Also some of the unit of measure are in kg., which is frustrating. The recipes that are in there do seem easy and delicious, but I will search for an more in depth greek cookbook

Very small cookbook for a big price.

Enjoyed by all

Love Greek food!

I should've paid more attention how few pages in the book. That was my bad but of the limited entrees there is s mishmash of alternating between American and metric measurements. Someone should've caught that during editing.

For the price this book should have contained much more. I am of Russian/Greek heritage and was very disappointed with the lack of content.

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