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**Reader's Digest, Reader's Digest
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fat or no fat ingredients that will still deliver flavour to your food The best tools and cooking techniques for healthy eating are also discussed Whether its a fruit juice dressing for a salad or a fat free topping for baked potatoes there are easy ways to cut the fat in your diet at every age and stage of your life More than 250 recipes show you how **Book Review Digest** ,2002

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traditional Indian cooking The rest demonstrate how to apply the balancing principles of Ayurveda and the creative yet subtle use of spices to modern Western cuisines that many Westerners prefer Mitchell shares the Vedic perspective on why food is sacred and how cooks can bring a sacred intention to their kitchen labors to approach food preparation as spiritual practice Traditional blessings for food from various cultures are sprinkled throughout the book In April 2019 Sacred Delicious won silver medals in two prestigious book industry awards competitions the IBPA Benjamin Franklin Awards in the Body Mind Spirit category and the Nautilus Awards in the Food Cooking and Healthy Eating category It also won the cookbook category in the Body Mind Spirit Book Awards and is a finalist in the Foreword INDIES Book of the Year Awards to be announced in June

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