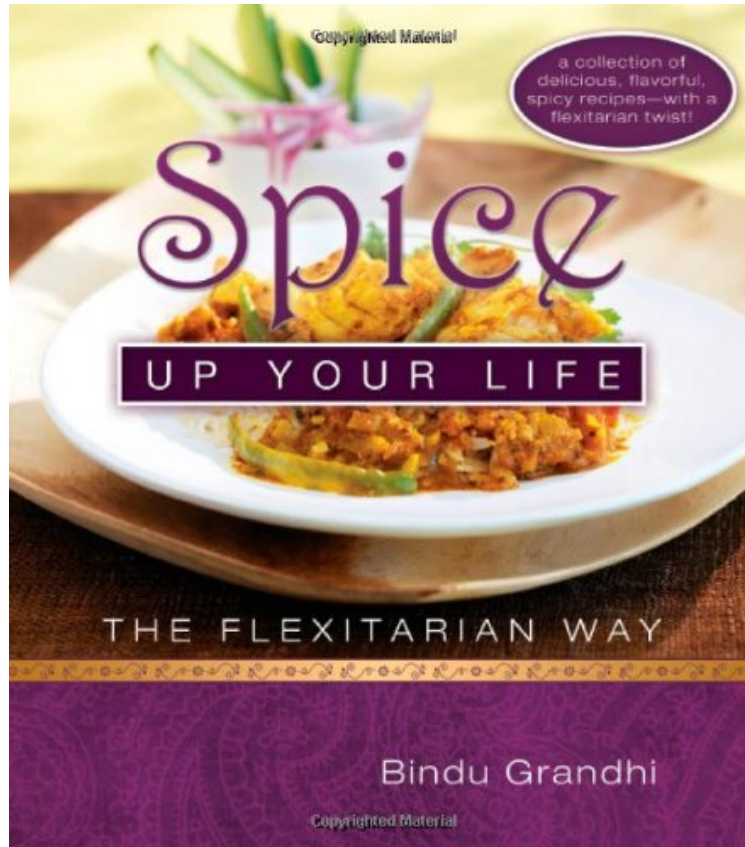


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Spice Up Your Life: The Flexitarian Way

Bindu Grandhi

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Too often we are forced to sacrifice taste for healthier fare. With these low-fat recipes rich with savory spices, bland health food is a thing of the past. Focusing primarily on fruits, grains, and vegetables with selected protein, these dishes will have you enjoying each meal without the guilt! From appetizers and sauces to main dishes and desserts, every meal is covered in this instructional, step-by-step cookbook. Kick it up a notch and add a little spice to your cooking with Spice up your Life!