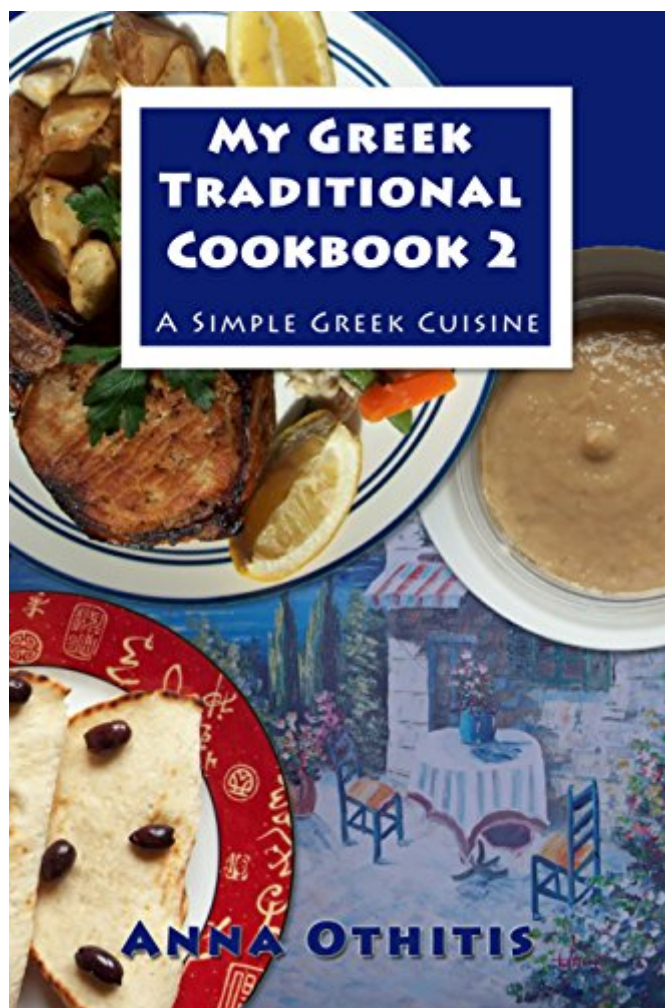


The book was found

My Greek Traditional Cookbook 2: 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

File Size: 4202 KB

Print Length: 58 pages

Publisher: LionheART Publishing House; 1 edition (September 6, 2015)

Publication Date: September 6, 2015

Sold by: – Digital Services LLC

Language: English

ASIN: B0151KVP3O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #157,349 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

in – Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Greek #35 in – Books > Cookbooks, Food & Wine > Regional & International >

European > Greek #53 in – Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy

Customer Reviews

After browsing through this little gem full of authentic greek recipes that look simple yet nutritious

and easy to make. Maybe I will get brave and try one of these delicious looking dishes. I give this book 5 calamata olives for a wonderful collection,

[Download to continue reading...](#)

Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe book) My Greek Traditional Cookbook 2: A Simple Greek Cuisine GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) My Greek Traditional Cook Book 1: A Simple Greek Cuisine Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Greek Cookbook Series:- Delicious Greek Appetizers: Delicious Homemade Greek Appetizer Recipe one can make from scratch with Detailed Instructions for ... (General Cookbook, healthy, appetizers Welcome to Japanese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Japanese Recipes (Japanese Cookbook, Japanese Cuisine, Asian Cookbook, Asian Cuisine) (Unlock Cooking, Cookbook [#7]) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8]) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Classic Hungarian Goulashes: Deliciously Decadent Hungarian Cuisine(hungarian recipes, hungarian recipe book, hungarian cookbook, hungarian cooking book, hungarian books, hungarian cuisine, hungarian Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Greek Cuisine: Top 50 Most Delicious Greek Recipes (Recipe Top 50's Book 100) Applications of Traditional and Semi-Traditional Hypnotism. Non-Traditional Hypnotism, Volume 2, The Practice of Hypnotism –“Recipes For Peace” –• - Vegan Cookbook Based On The Traditional Arabic Cuisine –“Bilingual Arabic And English Recipe Book” –“Delicious And Healthy Plant-Based And Low- Fat Dishes Chinese Cuisine (Wei-Chuan's Cookbook) (English and Traditional Chinese Edition) Greek Mythology: Greek Gods of Ancient Greece and Other Greek Myths Greek Mythology: A Concise Guide to Ancient Gods, Heroes, Beliefs and Myths of Greek Mythology (Greek Mythology - Norse Mythology - Egyptian Mythology Book 1) The Pocket Oxford Greek Dictionary : Greek-English English-Greek Greek Mythology for Kids: From the Gods to the Titans: Greek Mythology Books

(Children’s Greek & Roman Myths) Flavors of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)