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EVERYDAY SPICE: THE HEART-HEALTHY WAY TO MAKE YOUR FAVOURITE DISHES



Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Everyday Spice: The Heart-healthy Way to Make Your Favourite Dishes, British Heart Foundation, Give in to temptation and enjoy these palate-tingling curries, aromatic salads and feisty stir-fries that prove that flavour does not have to be off the menu if you have a heart condition. This book brings you a delicious selection of the world's best spice-infused cooking , with 60 recipes adapted to be as good for your heart...

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- Authored by British Heart Foundation
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Reviews

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-- ***Lucinda Stiedemann***

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

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