

<<健康饮食HEALTHY DISHES>>

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内容概要

Preparing and cooking delicious, irresistible dishes is an art, but that doesn't mean it has to be difficult. Each book in this series is beautifully illustrated and presented to help you make the perfect dish every time. Healthy Dishes has been created with meticulous attention to detail, and within its pages you will find a wide range of healthy recipes to inspire you. The majority of the recipes in this book are very easy to prepare and cook, and very quick too - ideal if you have a busy lifestyle and not much spare time. So whether you are looking for a nutritious yet satisfying meal for yourself, or are looking to throw a flamboyant yet healthy dinner party for friends and loved ones, you are sure to find the ideal recipe in this book.

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书籍目录

Introduction Boosting Breakfasts Light Lunches Slimming Suppers Dainty Desserts Index

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