

Low Fat Indian Cookbook



Lose weight, gain energy, get healthy and feel great! This book contains easy to follow Indian recipes that are simple to prepare, super delicious and nutritious. For all you vegetarians, no need to eat like a rabbit anymore. Unlike many low fat recipes, these are low in sugar and contain spices that have numerous health benefits. If your New Years resolution includes losing weight or improving diet, use this guide to help achieve your goals. Designed with time saving tips, this book is ideal for the basic cook on the go. These delightful comfort foods have been adapted from some of the classic Indian recipes and feature popular dishes including; Tandoori chicken, Naan, Samosas, Mango kulfi, Chappathi, Chole, Masala chai, Mutter paneer, Ginger salmon, Rice pudding, Tomato raitha

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