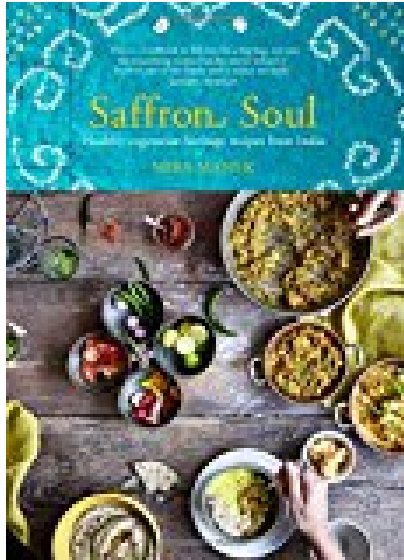


# Saffron Soul Healthy vegetarian heritage recipes from India

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## BOOK DETAILS

- Author : Mira Manek
- Pages : 192 Pages
- Publisher : Jacqui Small
- Language : English
- ISBN : 1911127187

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## **BOOK SYNOPSIS**

Indian food is an internationally popular cuisine, yet, unfairly, it is often considered to be heavy, rich and indulgent. With more people than ever before turning to healthy home cooking there has never been a better time for a fresh and lighter take on Indian food - one that Mira is creating with her vibrant and healthy cooking style. Inspired by her mother and grandmothers cooking, Mira Maneks style of food is a modern interpretation of the Indian classics, creating utterly delicious and naturally healthy dishes. Whether you want to cook a Summer Saffron Chia Pot, an Indian Summer Salad, a Thali, a Masala and Nut Milk or a Mango Yoghurt Cheesecake, Saffron Soul combines the best of the core elements of Indian cooking with original health-promoting twists. As well as offering the best and most naturally healthy Gujarati recipes, Mira also recreates some perennial favourites, replacing traditionally used grains and sugar with more nutritious ingredients such as millet, chia and jaggery, and cutting down on oils and fats, to make her dishes even healthier. Whether cooking a filling spicy curry, a soulful brunch, a nutritious light meal or a luscious dessert, Miras dishes vibrantly burst with colour and a richness of flavour and spice, each fit for a feast.

### **SAFFRON SOUL HEALTHY VEGETARIAN HERITAGE RECIPES FROM INDIA**

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