

COOKING THE WHOLE FOODS WAY: YOUR COMPLETE, EVERYDAY GUIDE TO HEALTHY, DELICIOUS EATING WITH 500 RECIPES, MENUS, MEAL PLANNING, TECHNIQUES, BUYING

Christina Pirello takes the mystery out of preparing whole foods and adds a liberal sprinkling of fun. Along with great recipes, what this cookbook is really about is changing the way you think about the foods you choose. More than simple substitutions -- brown rice syrup instead of sugar, brown...



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Author	Christina Pirello
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Reader's Opinions

Good cookbook but it should be called "Cooking The Macrobiotic Way." I can see how the title can be deceiving. Overall, I like it.