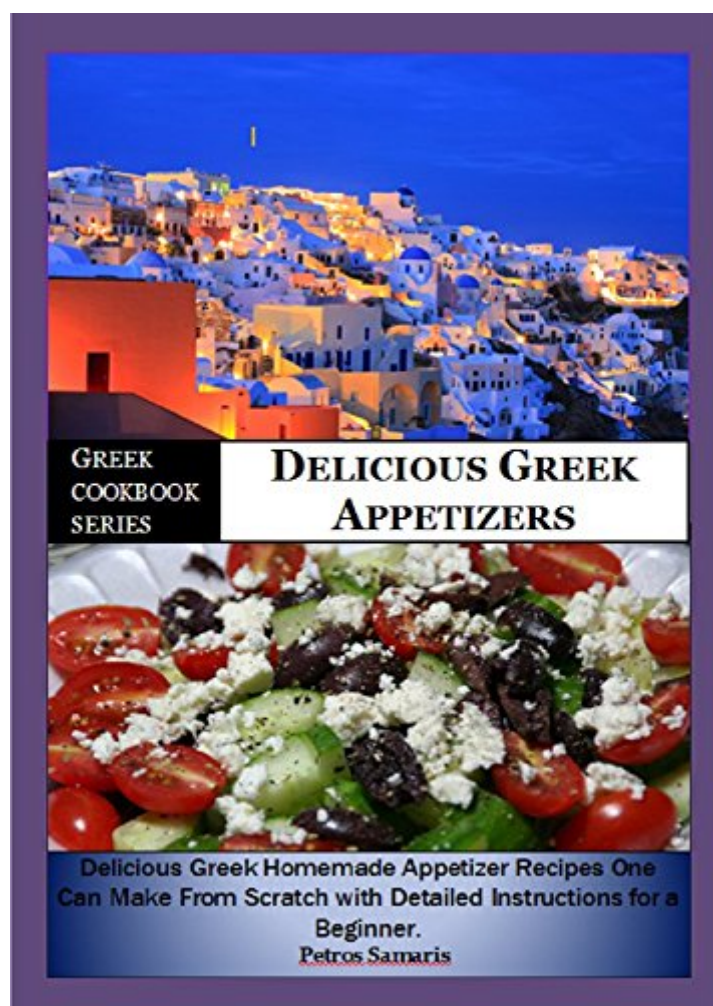


The book was found

Greek Cookbook Series:- Delicious Greek Appetizers: Delicious Homemade Greek Appetizer Recipe One Can Make From Scratch With Detailed Instructions For ... (General Cookbook, Healthy, Appetizers





Synopsis

The Mediterranean Diet consists of eating the traditional foods of the countries adjacent to the Mediterranean Sea especially the country of Greece. It is not a traditional diet where a person will lose weight, but literally based on a lifestyle involving activities, foods, and wine. The Mediterranean diet is based on Christian beliefs and customs. In the lovely country of Greece, the orthodox religion contributes to this beautiful diet. The delicious Mediterranean diet contributes to a high life expectancy. In terms of health, the average life expectancy is about 81 years old. In fact, on the island of Ikaria, this island has a long life expectancy. Their amazing diet consists of delicious homemade Greek food and homemade wines and of course all this with moderation. Homemade Greek appetizers Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Here Is A Preview Of What You'll Learn... Description of Mediterranean Diet Different Greek appetizers Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! Greek Cookbook Series:- Delicious Greek Appetizers: Delicious Homemade Greek Appetizer Recipe one can make from scratch with Detailed Instructions for a Beginner (Greek Cookbook Recipes) Tags: Healthy food, general food, Mediterranean Diet, Appetizers, Greek, Homemade, Authentic, Cook Book, Recipes, greek recipes, greek cooking, greek cookbook, greek food, greek cuisine, european food, greek recipes kindle, mediterranean recipes

Book Information

File Size: 5164 KB

Print Length: 66 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 9, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00NGBPB2W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #490,144 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Greek #97 in Books > Cookbooks, Food & Wine > Regional & International > European > Greek #792 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions

Customer Reviews

Greek Cookbook Series by Multiple Authors Contents include an introduction that talks about the Mediterranean diet and how healthy it is. What to cut down on and what to eat more of. Each recipe starts with servings, list of ingredient shown with a picture of the item a color photo and how to put the dish together. There is no nutritional information but a large majority of the ingredients are healthy. Wish they had an American name to the dish or a brief summary of what it is. Shrimp skewed look very appetizing!

As a second generation Greek living in Canada a lot of these traditional Greek recipes were never taught to me. The makers of this book have created a wonderful book that clearly shows you how to cook delicious Greek food that everyone knows and loves. I feel I have gained more of my culture back by reading this book. I think it will be especially good for non-Greeks to read as well as they can feel apart of the Greek culture from the comforts of their own kitchen. Happy cooking! Kali Orexi (Good appetite)!

Clean simple presentation that easily helps a reader to understand the importance of a Mediterranean Diet to offset many ailments people develop over time. Lowering salt, and red meat use is a standard of course but additional fish and seafood dishes are worth the effort. Using Olive oil definitely helpful. This set of recipes can lead to a lifestyle approach to your eating habits. Dieting itself many times defeats itself because everybody tries it and quits soon after. This little book and the very good recipes will ensure you look even deeper as to how a Mediterranean Diet could change your life for the better. I really like the recipes and especially the way they have been laid out. Really simple, easy and there is no reason your efforts with these Greek basics will fall flat. All your attempts should be exactly as displayed. I cook and can really say these recipes have merit
| BONUS! Good to know that I can add Ouzo to my Tzatziki!

I know we are busy busy busy. However, we must take time to cook....You can get the ingredients

ready ahead of time and come back to them to prepare. These delicious dishes are meant to be fresh, savored, and enjoyed with family and friends. Love your food....taste it. Slow down and really feel the texture, taste the blend of the herbs and the other foods. Live well, live happy. These Greek dishes taste too good, and you won't be tempted to eat greasy, gross take out food. Oh, you will think you died and went to heaven, this tastes that good. OPA!

I am totally satisfied with this book. The recipes are very easy to make and incredibly elegant and visually appealing. The pictures of each recipe help you a lot to get a good idea of how your finished recipes will look

Yummy! I love Greek food and cannot wait to try these recipes! My friends and family will be so impressed!

I really appreciate the author for sharing this resource. Comprehensive and there are photos in each recipe which really help readers as they can use these as references on how their food should look like. They were all new information to me, from the importance of Mediterranean diet to the tips and tricks of working out with food to bring out the best of its taste. Outstanding compilation of recipes and my taste bud's liking it.

I love Greek food and these recipes look fantastic. the directions are very detailed and will be very easy to follow. I can't wait until I go shopping for some of the ingredients I don't have on hand so I can try these recipes. I will be making several of these on the weekend.

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