



# The Healthy Low Fat Indian Cookbook: The Ultimate Collection of Authentic Indian Dishes Adapted for Low-Fat Diets. 160 Easy-to-Follow Recipes with Step-by-Step Techniques and 850 Fabulous Photographs

*Shehzad Husain, Manisha Kanani*

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This book dispels the myth that healthy eating has to be boring. Here are all your favourite traditional Indian dishes as well as many new ones - showing you just how, with a few simple changes, you can enjoy delicious, flavoursome food without guilt.



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