



The Ultimate Low-fat Indian Cookbook: The Best- ever Step-by-step Collection of Over 150 Authentic, Delicious Low-fat Recipes for Healthy Eating

Shehzad Husain, Manisha Kanani

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The Ultimate Low-fat Indian Cookbook dispels the myth that healthy eating has to be boring. Here are all your favourite traditional Indian dishes as well as many new - we show you just how, with a few simple changes, you can enjoy the delicious flavoursome food without guilt. Also included are some wonderful Balti dishes - traditionally rich and high in fat but here miraculously transformed into tasty but low fat versions.

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