



Kosher by Design Lightens Up: Fabulous food for a healthier lifestyle

Susie Fishbein

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This sixth volume in Susie Fishbein's celebrated Kosher by Design cookbook series was crafted with your good health in mind! Kosher by Design Lightens Up is a gorgeous culinary guide, bursting with easy-to-do ideas for eating and feeling better. This cookbook teaches healthy cooking and food combining techniques, with special commentary by certified nutritional expert Bonnie Taub-Dix, spokesperson for the American Dietetic Assn.

Susie says, These nutritious recipes are easy to integrate into your everyday menus. Anyone looking to migrate into a better way of eating and living will find delicious options here.

Featuring:

• Over 145 brand new recipes

• Over 160 full color photos

• Over 320 pages

• Creative entertaining ideas, including oil olive tasting, a party spritzer station and more!

• Simple, healthy approaches to: cooking oils, sweeteners, whole grains, superfoods, smarter shopping, and more efficient kitchen gadgets.

• Comprehensive cross-reference index

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Jon Cerrone:

Kosher by Design Lightens Up: Fabulous food for a healthier lifestyle can be one of your beginning books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into delight arrangement in writing Kosher by Design Lightens Up: Fabulous food for a healthier lifestyle nevertheless doesn't forget the main stage, giving the reader the hottest as well as based confirm resource details that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial contemplating.

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