



## My Greek Traditional Cook Book 1: A Simple Greek Cuisine (Paperback)

By Anna Othitis

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have Fun and Enjoy These Greek Recipes LET S GET GREEK COOKING NOW Natural Traditional Healthy Cooking with flavors from natural herbs. Nutritional home cooked Greek food has been proved by researchers to lessen health problems. The answer is to cook and eat a wide variety of minimal processed foods to cover all the nutritional bases. The beauty of genuine Greek cooking and eating is using a good amount of extra virgin olive oil rich in oleic acid. Legumes are rich in vitamins, vegetables high in vitamins and fibres, the probiotics in yogurt, cheeses, antioxidants in red wine, whole wheat breads, cold-pressed vegetable oils along with good exercise such as walking all increase good cholesterol and a healthy heart. Eat moderate portions and now and again spoil yourself with a Greek dessert, baked with nuts and semolina. As served aboard Angelic Airlines.



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