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Moussaka Slimming World Recipe:

Slimming World: World of Flavours Slimming World, 2012-08-31 If you've ever thought that curries, pasta or hamburgers were the scourge of slimmers, think again! The Slimming World approach to food optimising means that you don't have to miss out on your favourite foods; you can enjoy quick and easy exotic meals every day of the week. This cookbook from the UK's leading slimming organisation takes in all manner of international cuisine. You'll be able to indulge in Italy's irresistible plates of pasta, India's spicy curries, China's noodle and stir fry dishes, as well as an array of mouthwatering recipes from France, Spain, Greece, Morocco, Thailand, the USA and Mexico. Packed with all the nutritional, diet and lifestyle information you need if you're following the Slimming World food optimising plan, as well as more than 120 delicious low-fat recipes, this book is ideal for anyone who is trying to lose weight or simply those looking for an exciting selection of healthy, flavoursome dishes.

PPC, 1979 **New Society**, 1984 **Punch** Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen Seaman, 1981 The Best Greek Recipe Book Valeria Ray, 2019-07-13 Greek food is known to amaze everyone with its special taste. And now you have the possibility to prepare it from the comfort of your own home. This Greek Recipe Book is unlike any other as it will teach you how to prepare the traditional dishes just like in a taverna. You will stumble upon the finest selection of authentic Greek recipes such as Greek Moussaka as a main dish, Authentic Greek Rice Pudding for the tastiest dessert, Greek Pita Bread that you can't imagine any meal without, Traditional Lemon and Butter Cookies that everyone will love, Tasty Spanakopita that looks the same as the one from a Greek bakery, Greek Lemon and Garlic Potatoes that you can serve as a delicious side dish and even more. Don't wait anymore. Discover the tastes of Greece in one single cookbook. Make sure that you get yours today.

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