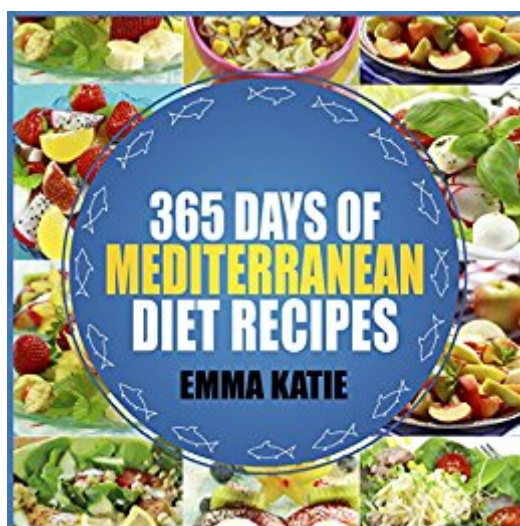


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Synopsis

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Customer Reviews

Great recipes for healthy living.

We have been trying to eat healthier at home and looking for ways to cook some dishes that are a bit more original than plain salad. I've used author Emma Katies recipe books in the past and have always found them to be packed with some pretty awesome choices. This one was no different. Mediterranean food is often cooked with olive oil, has a lot of fresh vegetables, and we love the choices in this well-organized cookbook. We've already made the Spiced Lamb Patties and Creamy Chickpea soup. Looking forward to trying many more recipes in the near future.

This is a giant collection of recipes for the Mediterranean diet! This book explains and teaches you

about Mediterranean eating. The book is divided into soups, salads, delicious main course and desserts. It includes an estimate of how long it will take to make and the amount of servings. You will be amazed by the variety of recipes in this amazing book! It will take you years to get through this book! This is a marvelous product of Emma Katie, I highly recommend this book! You will love it! The recipes are easy to follow and they really taste fantastic! I am very happy with this book and the variety and the normal ingredients and delicious meals that it helps you create!!

This has no pictures of the food you are cooking. it makes it less fun to use.

I love this. I have had another book of Mediterranean diet recipes that I paid for, and this book is at least as good as that one.

This book is packed full of a wide variety of dishes. You need never buy another recipe book

Love the fact it has a lot of different meals for everyday.

Good recipes, I use it everyday.

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