



Cooking with 1 Teaspoon of Oil: Low Calorie Indian Recipes (Total Health Series)

Tarla Dalal

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Cooking with 1 teaspoon of oil bids a firm and cheerful goodbye to the widely held notion that delicious Indian food must contain oodles of oil, ghee and butter. It eliminates fat from your daily food and all the recipes in this book that serves 4 portions can be cooked using 1 teaspoon of oil, while retaining their traditional taste and flavour. In other words one serving of food is cooked just in a quarter teaspoon of oil. This cookbook is an indispensable guide for those who wish to lose weight as there are also helpful tips and charts explaining the foods that should be eaten and those which should be restricted and avoided along with a menu planner, to help you correctly follow a weight loss program.

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