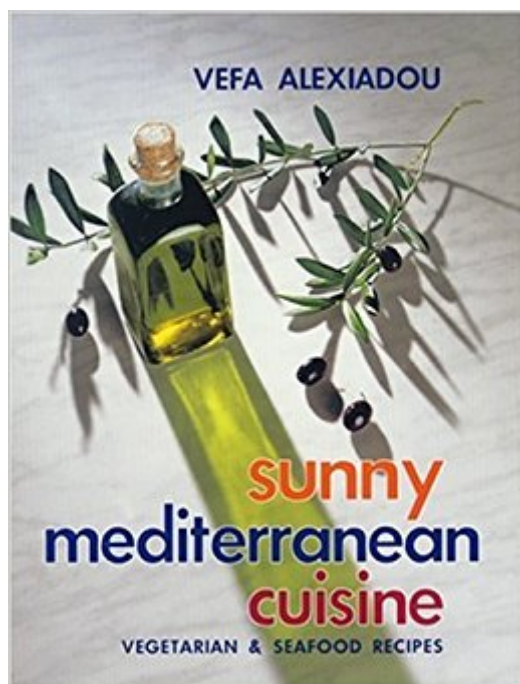


The book was found

Sunny Mediterranean Cuisine



Synopsis

The present cookbook shows Greek and International specialities made without any animal proteins or fat. This exciting collection of 300 recipes by Vefa and Alexia Alexiadou contains a wide variety of vegetable, Soya, pasta and seafood dishes as well as desserts, all tastily rendered without meat, eggs, or animal-derived dairy products. Inspired by the tradition of the "NISTIA" – the Christian Church fast – this beautiful cookbook will be appreciated not only by members of the Christian faith, but also by vegetarians or anyone seeking healthy alternatives for the daily family diet.

Book Information

Hardcover: 224 pages

Publisher: Vefa Alexiadou Editions (December 1, 2001)

Language: English

ISBN-10: 9609013732

ISBN-13: 978-9609013734

Product Dimensions: 11.2 x 9 x 0.7 inches

Shipping Weight: 2.6 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,168,804 in Books (See Top 100 in Books) #126 in [Books > Cookbooks, Food & Wine > Regional & International > European > Greek](#) #1193 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

Customer Reviews

Greek-cooking celebrity, Vefa Alexiadou, earned her degree in chemistry from the University of Thessaloniki. Having studied nutrition at the University of California at Berkeley, Alexiadou worked to renew Greek cuisine while preserving all its renowned taste and tradition. She traveled around the world studying culinary arts, collecting a variety of international recipes and techniques. Her other books include "Greek Cuisine," "Greek Pastries and Desserts," and "Festive Cuisine." She appears daily on Greek Antenna TV's most popular morning talk show, which is now seen in North America by satellite.

[Download to continue reading...](#)

Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel

Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) Mediterranean Diet: The Complete Mediterranean Diet Cookbook For Beginners ãâ –â œ Lose Weight and Improve Your Health With Mediterranean Recipes (Mediterranean Diet For Beginners) Mediterranean Diet Cookbook: The Healthy Living Mediterranean Diet Guide for Smart People ãâ –â œ With Kitchen Tested Recipes & Diet Success Tips (Mediterranean Diet, Mediterranean Diet for Beginners) Sunny Mediterranean Cuisine Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Mediterranean Diet: Over 100 Delicious Slow Cooker Mediterranean Diet Recipes - The Essential Slow Cooker Mediterranean Diet Cookbook Mediterranean Cookbook: Discover Simple Mediterranean Recipes with an Easy Mediterranean Cookbook Mediterranean Recipes: A Mediterranean Cookbook with Delicious Mediterranean Recipes for Every Meal Mediterranean Diet: 2 in 1 Boxset With Over 100 Easy & Delicious Mediterranean Diet Recipes - The Ultimate Guide and Slow Cooker Cookbook ... Cooker Cookbook, Mediterranean Diet Cookbook) Mediterranean Diet: The Secrets of Mediterranean Cuisine (80+ Simple Recipes for Weight Loss and Healthy Living) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss Mediterranean Cruising Handbook: The Companion to the Imray Mediterranean Almanac Mediterranean Diet: An Ultimate Walkthrough To The Mediterranean Diet: 100 Fast, Healthy And Delicious Recipes 101 Soups, Salads and Sandwiches: Family-Friendly Recipes Inspired by The Mediterranean Diet (Free Gift): Superfood Cookbook for Busy People on a Budget (Mediterranean Cookbook for Beginners) Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking) Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)