



## Let Food Be Your Joy Medicine

By Rita Brungs

Xlibris, United States, 2010. Paperback. Book Condition: New. 278 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fenugreek seeds are considered an aphrodisiac and will stimulate the appetite, tamarind helps the liver and the digestive system, ginger is effective against colds, rheumatic pains, and nausea associated with pregnancy. This is a collection of 174 recipes that use these and other ingredients like lentils to create dishes that are light, taste wonderful, and can often be prepared in less than 30 minutes. This book not only wants to be a guide of how to combine a great variety of ingredients, particularly herbs and spices, but also wants to suggest the proper methods of how to prepare very satisfying and healthy meals. South Western Indian, Chinese, Malaysian, and Western cooking provide the inspiration for many of these recipes. A culinary vocabulary and some nutritional information are included. It is hoped that cooking enthusiasts will try out these recipes and will be enticed to experiment and create their own new and delicious dishes.



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**-- Antonetta Ritchie IV**

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Teaching Christ's Children Publishing. Paperback. Book Condition: New. Daan Yahya (illustrator). Paperback. 26 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. What is Love is a Bible based picture book that is designed to help children understand what love is. In the story, twins...

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 132 mm. Language: English . Brand New Book. Compelling. . . . A must-read for all women. Lee Woodruff, New York Times bestselling author of Perfectly Imperfect: A Life...

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