



# **The Mediterranean Diet: Healthy and Delicious Recipes (Cookbooks) (Volume 8)**

*Ruby Cooper*

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The Mediterranean diet and cuisine distinguishes itself by using plenty of fresh fruits and vegetables, aromatic herbs, olives, fish and seafood and extra virgin olive oil. It's a fresh diet and the cooking is done in a healthy manner. The cooking is done easy but in such manner that the final result is the perfect combination between healthy and delicious. And that is precisely what you will find in this book – Mediterranean recipes made with simple and basic ingredients, recipes that are fail-proof and have been tried before, recipes that will never stop to impress you with their amazing taste and intense flavors. All the 101 recipes found in the book use ingredients found in most markets or supermarkets. You have no excuse to keep avoiding them so buy this book now and get a feel of the Mediterranean diet. You will notice a health improvement in no time!

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