



Idiot's Guides: The Mediterranean Diet Cookbook

Denise Hazime

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The Mediterranean Diet is considered one of the healthiest diets in the world and has long been acceptable for people with serious health issues, such as diabetes and heart disease. With more than 200 recipes and simple guidance on cooking the Mediterranean way, this easy-to-follow cookbook is a must-have for any home library. From hearty — and heart-healthy — breakfasts to delicious desserts, the recipes in this book will help bring good health and vibrant flavor to anyone looking for a better way of eating.

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