



Blending Science with Spices: Tasty Recipes & Nutrition Tips for Healthy Living

Gita Patel

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In “Blending Science with Spices” Gita Patel, takes us on a spectacular culinary journey through western India providing the reader with an array of nutritious and light Gujarati-style dishes. For each recipe, we are treated to visually exquisite, delightfully delicious, quick and easy-to-make fare. Gita serves up healthy and superbly flavorful Gujarati delights like eggplant with onions and tomatoes--each recipe with full nutrition information and a little nutrition science to highlight the ingredients. Blending Science with Spices is the perfect cookbook for healthy eaters who want to eat simple and oh so flavorful plant-based meals.

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