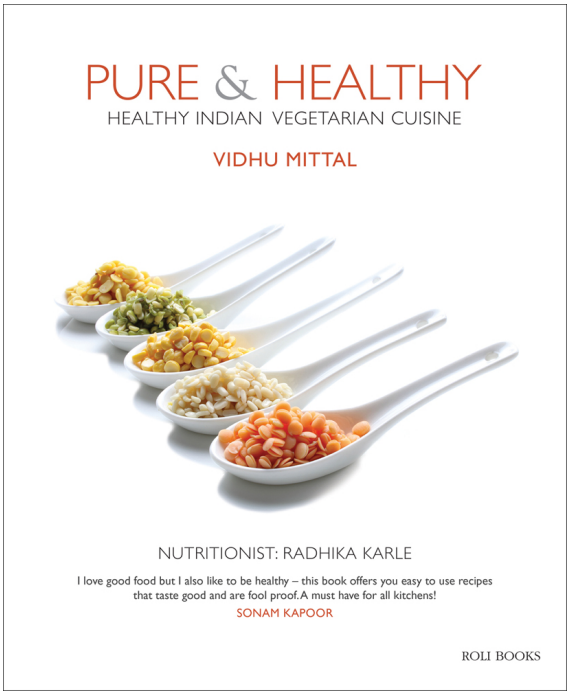
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Pure & Healthy

Healthy Indian Vegetarian Cuisine

Vidhu Mittal

Contributions by Radhika Karle

ISBN	9788194206811
Publisher	Roli Books
Binding	Hardback
Territory	USA & Canada
Size	9.02 in x 11.02 in
Pages	232 Pages
Illustrations	1006 color
Price	$34.95

- *Pure & Healthy* is a unique cookbook full of healthy and nutritious Indian cuisine recipes
- Includes practical weekly menu ideas for those with diabetes, gluten allergies and thyroid issues

Pure & Healthy
is a unique book, packed with tasty vegetarian recipes suitable for everyone, including practical weekly menu suggestions for those with medical conditions such as diabetes, gluten allergies, and thyroid issues as well as how food groups and servings can be determined and distributed. With its blend of traditional dishes and innovative renditions, it elevates healthy food into refined cuisine.

The focus is on using wholesome and fresh ingredients to make dishes like Ragi Dosa (Finger Millet Pancake), Papita-Nariyal Sherbet (Papaya-Coco Shake), and Bharwa Parwal (Stuffed Pointed Gourd). The recipes have been created in collaboration with well-known nutritionist Radhika Karle to ensure that nutritional values are balanced and appropriate.

This book retains all features of bestselling author Vidhu Mittal's previous works – simple recipes, step-by-step photographs, and special tips.

Vidhu Mittal is one of India's best-known culinary experts and the author of cookbooks such as the bestselling *Pure & Special: Gourmet Indian Vegetarian Cuisine* (Roli Books, 2013), ISBN 9788174369024.

Radhika Karle holds a master's degree in Nutrition and Dietetics. She has more than ten years of work experience as a nutritionist and personal trainer at a leading fitness centre in the United States. Her clients include Sonam Kapoor, Swara Bhaskar, Jacqueline Fernandez, Kunal Kapoor, and Naina Bachchan.

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