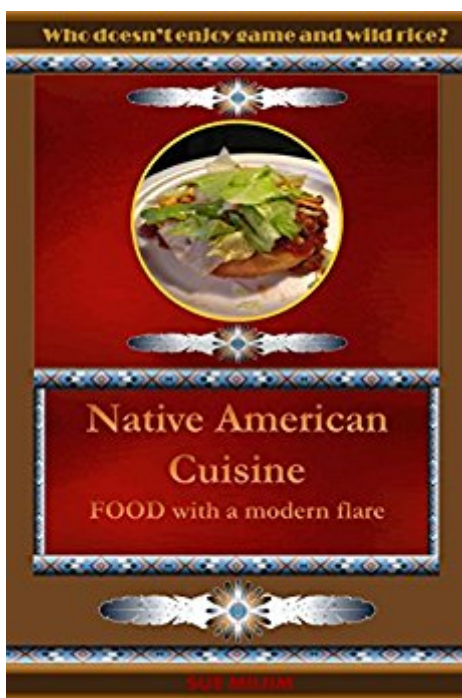


The book was found

Native American Cuisine: Food That Is Healthy And Simple



Synopsis

Native Canadian Recipes are traditional foods that have been around for 7000 years. Who doesn't love corn, squash and wild rice. I have added some of the favorite recipes enjoyed by many Aboriginals and Non Aboriginals alike. Many of my friends abroad have enjoyed my cuisine. They are mostly very basic recipes and they contain barely any preservatives. I recommend using fresh ingredients in all my recipes. I would like to present to you a small variety of healthy and simple recipes for you to follow. If you would just like to have healthy dinners or you would love to have some hearty home cooked meals that are not that time consuming then you will enjoy this book.

Book Information

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Customer Reviews

I was not impressed with this little book. I was looking for more traditional recipes, not a can of this and a can of that recipes. I wouldn't have even given it one star but had to in order to leave a review.

If this cookbook had a table of content it would be a lot better. The recipes in this cookbook are fantastic. But it would be better if it was easier to find the. Thank you and enjoy your meal and enjoy your day.

Enjoyed this basic book. Can't wait to try the recipes! Especially think the bannock will be tasty. Sounds great with butter and honey!

Nice recipes, but I don't know how "traditional" they can be when they're using things like packaged pasta, etc. A bit disappointed in that respect, but overall a decent little cookbook.

another DIY book for my collection

Great recipes to try.

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