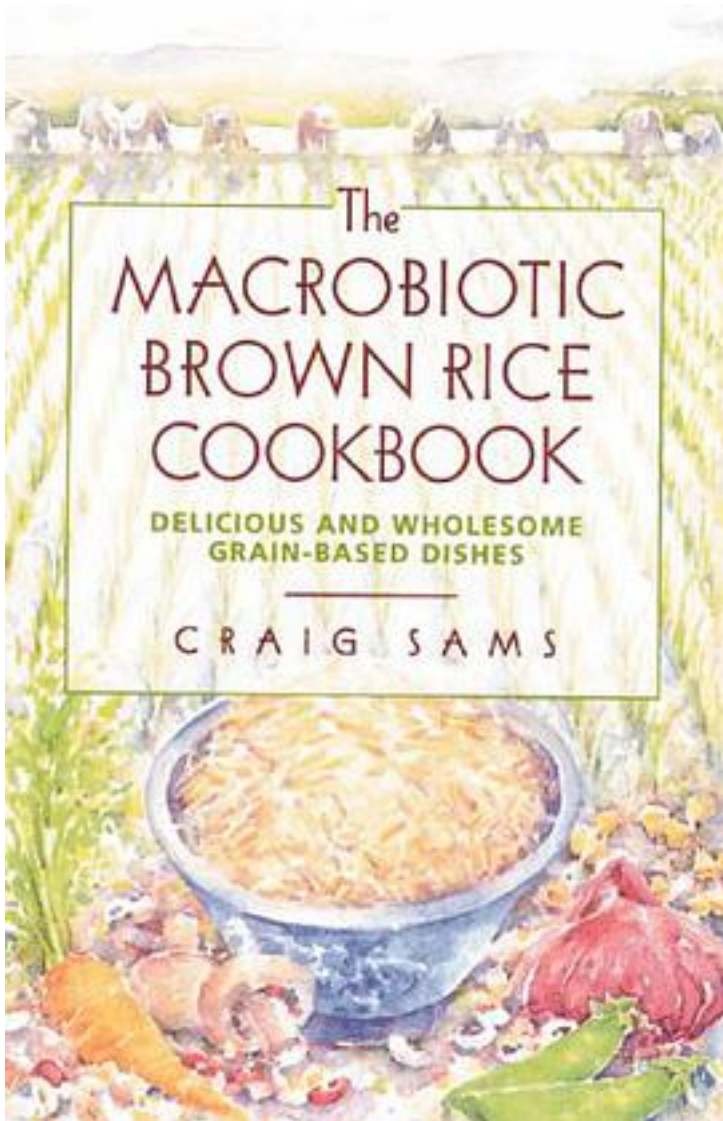


The Macrobiotic Brown Rice Cookbook



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著者:Craig Sams

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Craig Sams' collection of recipes features brown rice in delicious macrobiotic dishes, including soups, salads, main courses, and desserts. The authors offer tasty recipes for sauces as well as other information and advice for making this nutritious grain a delectable part of your diet. Macrobiotic cooking is now widely recognized for its healing properties by the medical establishment as well as culinary experts. One of the most popular and versatile whole grains, brown rice is often at the heart of a good meal. But it can also be used to enhance a wide variety of other foods in infinite combinations

作者介绍:

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