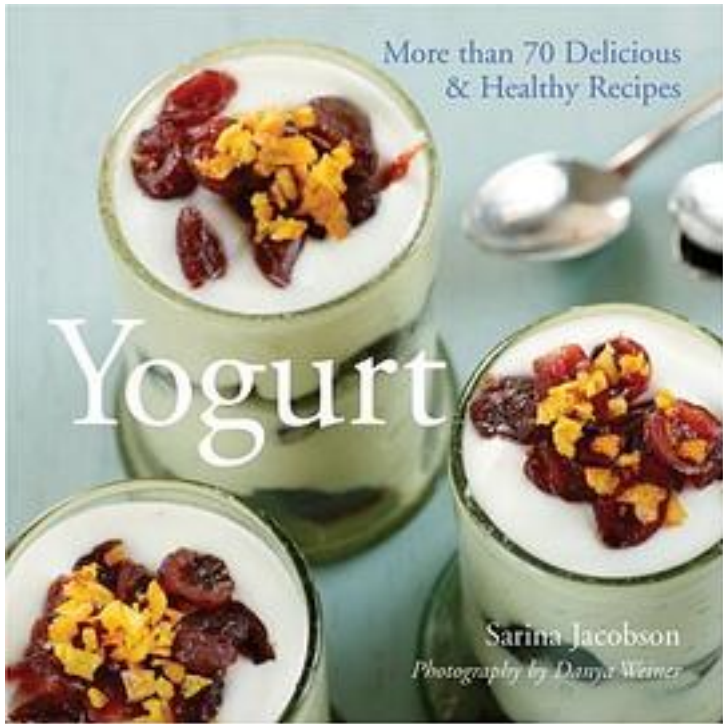


Yoghurt



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著者:Jacobson, Sarina/ Weiner, Danya (PHT)

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"Hummus and Nuts" started off this beautifully photographed cookbook series. Now, it's time for yogurt to show off its incredible versatility, with 70 delicious recipes. Whip yourself up a batch of tomato and basil dip, Thai-style grilled beef salad or baked salmon with mint sauce and you will quickly see what a difference yogurt makes. Cool down with a banana, honey and almond smoothie or a mango lassi. Satisfy your sweet tooth with ginger cheesecake and apples and spice yogurt. The possibilities are endless! You'll even learn about the nutritional benefits and how to make it from scratch, too.

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