



## 200 Light Healthy Curries

By Angela Dowden

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 200 Light Healthy Curries, Angela Dowden, Delicious and aromatic as they are, many curries contain a lot of oil, butter and cream - bad news for dieters and the health conscious. The recipes in this book will show you how to cook delicious healthy curries without compromising on flavour or taste, by substituting healthy options, such as groundnut oil and low-fat natural yoghurt in place of full-fat alternatives. There is nothing more satisfying than producing a rich, aromatic curry to share with family and friends - whether it be Indian, Southeast Asian or even Japanese, with these low-calorie options, you can try a new delicious curry recipe every night.

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