



# Healthy Recipes for your Steamer

*Carolyn Humphries*

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## **Healthy Recipes for your Steamer** Carolyn Humphries

One of the oldest forms of cooking is still one of the best! Steaming is healthy, quick, versatile and economical. You can create delicious food that retains its vibrant colour and nutritional value so it's low in fat and high in flavour. In this book are simple favourites and everyday foods to sophisticated dishes and desserts. With recipes for sauces, side dishes, breads and cakes. Includes a cooking chart for all kinds of vegetables. Everything you need for steam cooking.

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