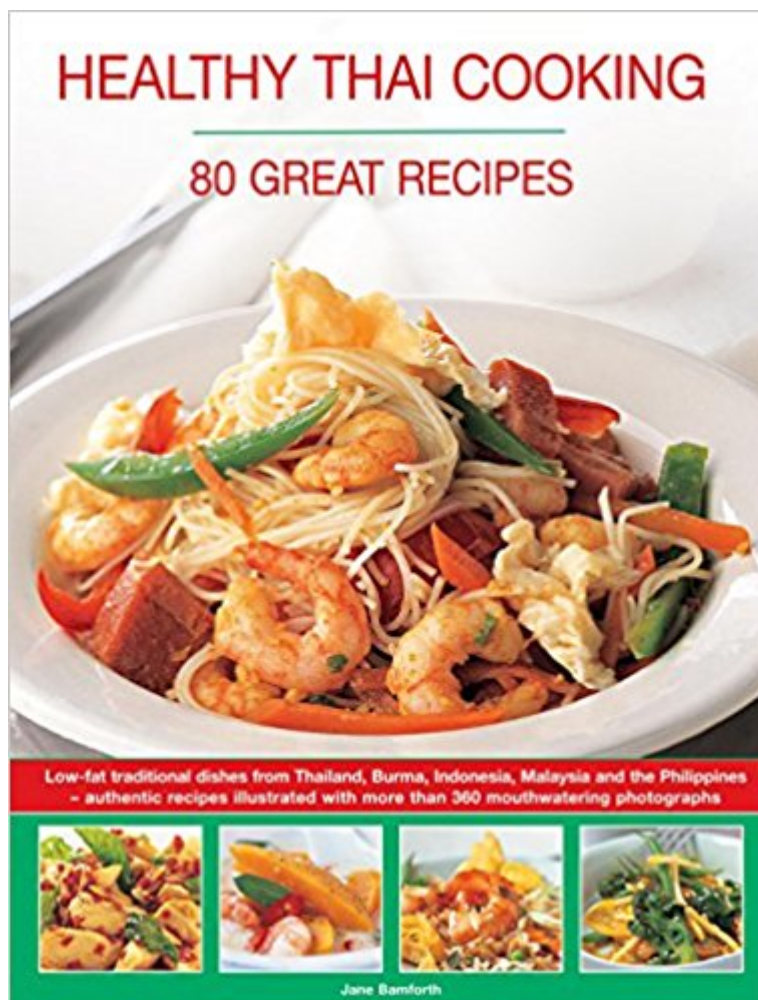


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Healthy Thai Cooking: 80 Great Recipes: Low-Fat Traditional Recipes From Thailand, Burma, Indonesia, Malaysia And The Philippines - Authentic Recipes Shown In Over 360 Mouthwatering Photographs





Synopsis

Here are low-fat versions of best-loved Thai dishes offering all the taste in healthy ways.

Book Information

Paperback: 128 pages

Publisher: Southwater (August 7, 2016)

Language: English

ISBN-10: 1780194641

ISBN-13: 978-1780194646

Product Dimensions: 6.8 x 0.3 x 8.6 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

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Jane Bamforth has been a freelance food consultant for many years, working for Waitrose, Tesco and the BBC, developing, writing and testing recipes and editing cookbooks.

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