



Idiot's Guides: The Mediterranean Diet Cookbook

Denise Hazime

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The Mediterranean Diet is considered one of the the healthiest diets in the world, and is considered acceptable for people with serious health issues such as diabetes and heart disease. However, it can also be high in fat and in calories if the cooking isn't done the right way. *Idiot's Guides: Mediterranean Diet Cookbook* is co-authored by a chef and registered dietitian who together have assembled over 200 recipes that are both compliant with the Mediterranean Diet guidelines and *delicious*. From hearty, heart-healthy breakfasts to delicious desserts, the recipes in this book will help bring good health to anyone who is looking for a better way of eating that doesn't mean sacrificing flavor.

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