



Kosher by Design Lightens Up: Fabulous food for a healthier lifestyle

Susie Fishbein

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This sixth volume in Susie Fishbein's celebrated Kosher by Design cookbook series was crafted with your good health in mind! Kosher by Design Lightens Up is a gorgeous culinary guide, bursting with easy-to-do ideas for eating and feeling better. This cookbook teaches healthy cooking and food combining techniques, with special commentary by certified nutritional expert Bonnie Taub-Dix, spokesperson for the American Dietetic Assn.

Susie says, These nutritious recipes are easy to integrate into your everyday menus. Anyone looking to migrate into a better way of eating and living will find delicious options here.

Featuring:

• Over 145 brand new recipes

• Over 160 full color photos

• Over 320 pages

• Creative entertaining ideas, including oil olive tasting, a party spritzer station and more!

• Simple, healthy approaches to: cooking oils, sweeteners, whole grains, superfoods, smarter shopping, and more efficient kitchen gadgets.

• Comprehensive cross-reference index

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