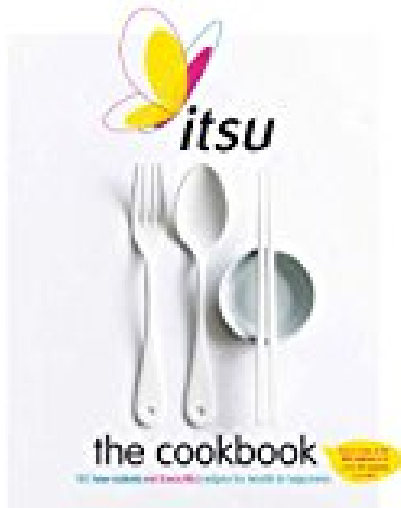


# The Itsu Cookbook Eat beautiful 100 recipes for health & happiness

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## BOOK DETAILS

- Author : Julian Metcalfe
- Pages : 192 Pages
- Publisher : Mitchell Beazley
- Language : English
- ISBN : 1845338987

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## **BOOK SYNOPSIS**

itsu is dedicated to skinny but delicious food: light, green and good for you. In this book you'll find 100 Asian-inspired recipes for soups, broths, salads, miso dishes, noodles and rice, as well as favourites such as teriyaki dishes, brown rice pots and iced teas. There are even tips on how to make sushi and frozen yogurt at home. Every dish provides fewer than 300 calories per serving, takes fewer than 30 minutes to master and contains minimal amounts of saturated fat. But it's not just the calories that are taken care of; the superfood ingredients in the recipes provide optimum nutrition too, with potassium-rich avocados, vitamin-packed cucumbers, edamame beans full of fibre and protein, and pumpkin and sesame seeds bursting with iron and zinc. And it's food that tastes as good as it looks...

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