



Yogurt, Yoghurt, Youghourt

By Linda K Fuller

CRC Press. Hardcover. Condition: New. 284 pages. Dimensions: 8.8in. x 6.2in. x 0.9in. Featuring over 200 recipes from more than 55 countries, Yogurt, Yoghurt, Youghourt is the cookbook for today's taste- and nutrition-conscious consumer. Linda Fuller provides easy-to-follow directions for a terrific selection of yogurt-containing international recipes for a delicious new approach to cooking. Just imagine Mulligatawny Soup, Molded Pineapple Salad, Cranberried Coffeecake, Irish Soda Bread, Greek Pastitsio, Scalloped Oysters, and German Chocolate Cake--all made with yogurt. For the yogurt-lover and the yet-to-be-converted, Yogurt, Yoghurt, Youghourt is a great source of recipes that are delicious, nutritious, and low in calories. Yogurt dates back to Biblical times, and there are references to yogurt in the works of Herodotus, Homer, Pliny, Galen, and other ancient historians and physicians. For thousands of years, yogurt has survived and become a staple in many diets. And now, here is a book full of new recipes that use this ancient food in a contemporary style. Yogurt, as an outstanding supplement to a well-balanced diet, can be included in every course in a meal. For example: start off right with hors d'oeuvres or appetizers such as Guatemalan Guacamole, Crabby Hawaiian Dip, Jamaican Curried Eggs, Japanese Gingered Shrimp, or...



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