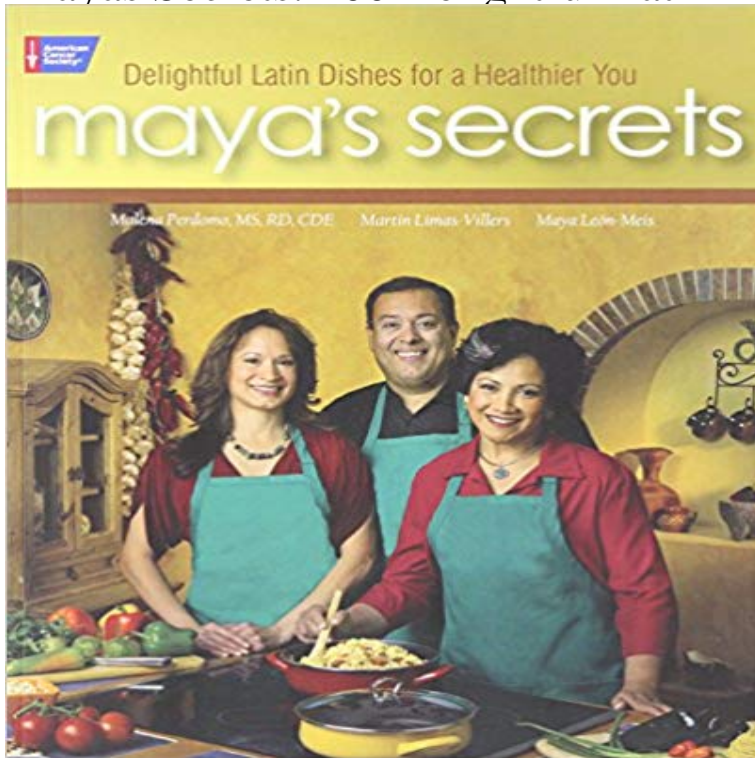


## Mayas Secrets: 100 Delightful Latin Dishes for a Healthier You



Winner: 2013 Gourmand World Cookbook Award, Health & Nutrition Book in USA; 2013 Living Now Book Award, Bronze, Health & Wellness; 2013 Apex Grand Award; 2013 USA Best Book Award, Cookbooks - International; 2012 Next Generation Indie Book Award, Finalist, Diet/Nutrition/Weight Loss; 2012 Next Generation Indie Book Award, Finalist, Cookbooks and Home/Garden From tasty appetizers to scrumptious desserts, the 100 dishes in this health-conscious cookbook were created by an authoritative team comprised of a TV food show host, a professional chef, and a registered dietitian. Each recipe features tempting Latin flavors and an appealing combination of ingredients and spices, as well as recommendations for the prevention or control of particular diseases and conditions, such as cancer, diabetes, or cardiovascular concerns. Special projects highlight holiday favorites and delicious treats just for kids. Helpful shopping lists of key ingredients to keep in the pantry simplify the process of making wholesome food choices.

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