

**Recipes With A Spice: Indian Cuisine For Balanced
Nutrition By Kusum L. Gupta**

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ABOUT THE AUTHOR Alicia Armeli has a Master of Science in Nutrition Commonly used in traditional Asian and Indian cuisine, Ditch the Junk Food. A balanced

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Cape Malay Masala. This version of masala is a variation of the traditional Indian spice mix known as garam masala.

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