



Renu Recipes

Outstandingly Nutritious and Healthy Vegetarian Cuisine

By Renu Sood

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8.5 x 8.5 inches

Discover Renu's Recipes, a cookbook offering diabetic-friendly, flavourful and easy-to-make global dishes for home cooks of all levels.

In preparing this cookbook, I have received wonderful encouragement and support from many quarters. I thank my sons—Fauji, Teji, and Inu—and their wives for helping me decide on the specific dishes to include. The infectious enthusiasm of my grandchildren for my cooking has propelled me onward, to keep experimenting, learning, and improving as a cook. My artist daughter-in-law, Natasha, and her teacher, Simone, were instrumental in crystallizing the concept of this cookbook. I am extremely grateful to them. This cookbook would not be what it is without Oksana's exquisite photographs. Not only has she managed to capture perfectly the essence of the dishes, but she has always been available as a cherished advisor and companion. Finally, from the bottom of my heart I thank my husband and helpmate, Kamaljit. He was there at the very start of the project. He spurred me on and ensured I stayed the course. Without him, this cookbook would never have seen the light of day.

Readership

This is an all-in-one type of book which contains recipes for breakfast, mains, sides, salads, snacks, desserts, key ingredients and a special category for grandchildren.

Key selling points

- Provides diabetic-friendly recipes that satisfy the palates and food desires which persons with diabetes are otherwise deprived.
- Teaches different cooking techniques
- Introduces a healthy cuisine in our life and enables us to enjoy the benefit of having home-made recipes
- Uses home-made key ingredients that make life more interesting

About the Author(s) / Editor(s)

Renu Sood loves cooking and has done so since her youth. Nurturing her family with delicious, healthy food is one of her guiding principles in life. Strengthened by many years of experience, Renu knows that doing so is not only a source of immense personal fulfilment but also an essential ingredient for a happy family.

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