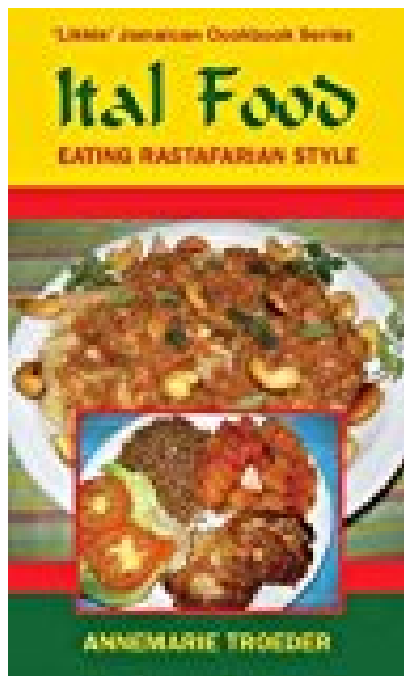


Ital Food Eating Rastafarian Style



BOOK DETAILS

- Author : Annemarie Troeder
- Pages : 44 Pages
- Publisher : LMH Publishing
- Language : English
- ISBN : 9768202688

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BOOK SYNOPSIS

Ital Food: Eating Rastafarian Style is the second book in the Likkle Jamaican Cookbook Series. A cookbook with a difference, the approach is not academic, its a brief overview of the proponents of ital food (Rastafarian) along with some exciting and delicious recipes that are easy and fun to prepare. The author has included some interesting personalities who were happy to share a few of their personal recipes and ways of preparing ital food. With easy to follow instructions and inexpensive ingredients, its easy to make tasty, nutritious treats.

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