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Vesela Tabakova

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Book 1

Incredibly Delicious Vegetarian Recipes from the Mediterranean Region

Mediterranean Diet Cookbook - the Healthiest and Scientifically Documented Diet in the World.

From the author of several bestselling cookbooks, Vesela Tabakova, comes a delicious new collection of healthy, mouth-watering Mediterranean diet recipes. This time she offers us the best comforting and enjoyable Vegetarian Mediterranean Recipes full of your favorite superfood vegetables and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner.

Incredibly Delicious Vegetarian Recipes from the Mediterranean Region is an invaluable and delicious collection of healthy vegetarian recipes that will please everyone at the table and become all time favorites. If you're looking for delicious everyday vegetarian recipes to help satisfy your family and your budget, this cookbook is for you.

Book 2

Incredibly Delicious Dessert Recipes from the Mediterranean Region

Delicious Mediterranean Desserts Anyone Can Make!

There is something special about Mediterranean desserts - they are more elegant and healthy than most sweets and are simply amazing.

What is even better is that preparing homemade Mediterranean desserts is easy enough for even the inexperienced cook!

Incredibly Delicious Dessert Recipes from the Mediterranean Region contains the most famous Mediterranean recipes for homemade cakes, pastries, puddings, fruit pies, muffins, creams and cookies. They are simple and fun to make and can be prepared with ingredients that are available at most local supermarkets.

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