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KITCHEN WIZARD FLEXIPES: SIMPLE TIME-SAVING SECRETS FOR TASTY GLOBAL CUISINE



MoCal Publishing. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 9.8in. x 7.8in. x 0.3in. Author Mari Suzuki is neither a chef nor a nutritionist, but she is a kitchen wizard! Combining her Japanese roots and systems and logistics background from IBM and FedEx and, of course, a love of good food, Mari designed Flexipes or flexi-ble reci-pes! The Flexipes method is a unique solution to today's home cooks most common dilemma - how to cook and eat a larger variety of healthy...

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