



More-With-Less Cookbook (World Community Cookbook)

LONGACRE DORIS

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While including no new recipes, this most recent printing is refreshed with a new introduction and detailed statistics including updated nutritional and pricing information for a new generation.

This is a new edition of Herald Press's all-time best-selling cookbook, helping thousands of families establish a climate of joy and concern for others at mealtime.

The late author's introductory chapters have been edited and revised for today's cooks. Statistics and nutritional information have been updated to reflect current American and Canadian eating habits, health issues, and diet guidelines. The new U.S. food chart My Plate was slipped in at the last minute and placed alongside Canada's Food Guide.

But the message has changed little from the one that Doris Janzen Longacre promoted in 1976, when the first edition of this cookbook was released. In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits, with less meat, saturated fat, and sugars.

This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee, a worldwide ministry of relief, development, and peace.

Mennonites are widely recognized as good cooks. But Mennonites are also a people who care about the world's hungry.

—Doris Janzen Longacre

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Dean Rakestraw:

In this age globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. Often the book that recommended for your requirements is More-With-Less Cookbook (World Community Cookbook) this e-book consist a lot of the information of the condition of this world now. This specific book was represented so why is the world has grown up. The dialect styles that writer use to explain it is easy to understand. The particular writer made some exploration when he makes this book. This is why this book ideal all of you.

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