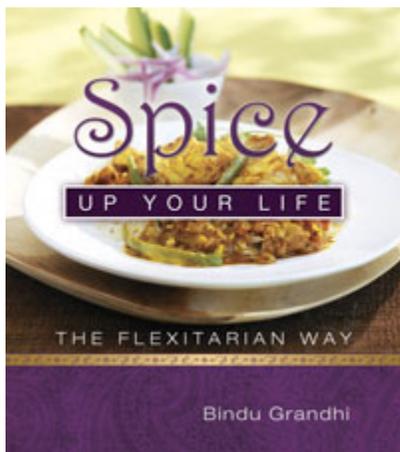


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FOR IMMEDIATE RELEASE



Title: Spice up your life: The flexitarian way
Author: Bindu Grandhi
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Website: www.theflexcook.com

The Cheating Vegetarian!

Spice Up Your Life: The Flexitarian Way takes healthy, low-fat recipes and dresses them up with savory herbs and spices. Taking a flexitarian approach to eating, it focuses primarily on grains, vegetables and fruits, with the occasional serving of seafood and poultry. This diet has been proven to have numerous health benefits, and with these delicious, flavorful dishes, there is no sacrifice in taste! The mouth-watering recipes include: Mint Rice with Mixed Vegetables, Chicken with Spiced Cashew and Almond Sauce, and Bananas with Coconut and Honey.

With a helpful section on tips and techniques you're guaranteed a delectable, yet healthy, dish every time you cook. Spice up your Life delivers that little dash of something to your everyday cooking!

“An incredible collection of well-seasoned, flavorful, and healthy recipes. It will truly spice up your life!”
- **Emeril Lagasse**,
Celebrity Chef & Top Rated Restaurateur

About the Author:

Bindu Grandhi developed a passion for flavorful flexitarian cooking in her early 20's. Her knowledge of good health and nutrition comes from her mother, Vasantha Prasad, author of “Indian Vegetarian Cooking from an American Kitchen” (Random House) and her father, Balasa L. Prasad, a physician and author of “Stop Overeating For Good” (Avery). In her first cookbook, she touts the health benefits of eating a flexitarian diet comprised primarily of vegetables, legumes, whole grains, spices, fruits and nuts with an occasional serving of chicken and fish. She believes that eating a tasty and satisfying nutritional meal is exactly what our mind craves and body needs.

She has an MBA from NYU along with 10 years of corporate experience. She works part-time and lives with her family in Westchester County, New York.

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To arrange a book signing or interview, contact Bindu Grandhi (Publicist) at bindu@theflexcook.com

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