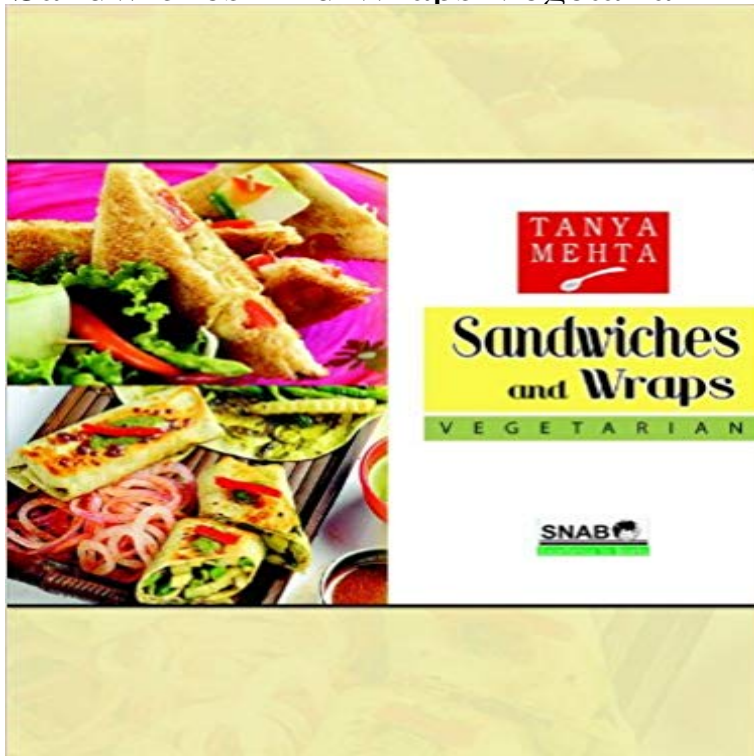


Sandwiches And Wraps Vegetarian



Sandwiches And Wraps Vegetarian by Tanya Mehta For decades now, Sandwiches have not only been a favourite breakfast meal, but a perfect school tiffin and a lip-smacking evening snack. Since there is a huge variety of healthy breads now readily available in the morning stores, fixing a nutrition filled sandwich is barely a few minutes away. Wraps are becoming increasingly popular among the teenagers and working youth. They are easy to carry and hassle free to eat. Once you know the basics of a wrap, it is easy and interesting to innovate a new wrap each time your family wants them. Tanya Mehta The book Flavours of Indian Cooking published by SNAB Publishers won the best book on Asian Cooking Award at the Versailles (Paris) World Cookbook Fair. The book also won the award for excellence in book publishing by FIP (Federation of Indian Publishers). For an author bio and photo, reviews and a reading sample, visit <http://www.nitamehta.com> or mail to us at: nitamehta@nitamehta.com & nitamehta@email.com

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