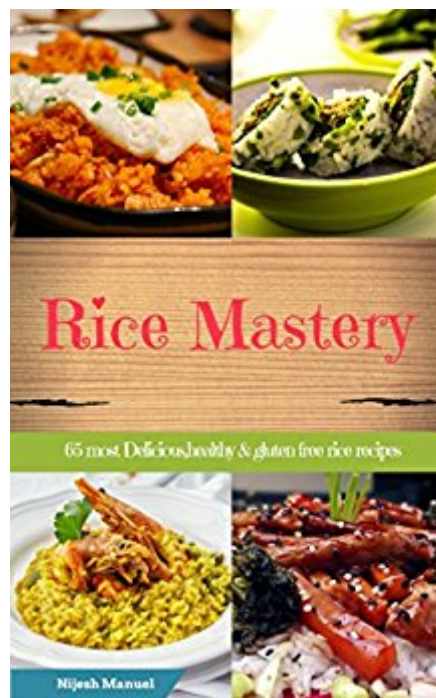


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# **Rice Mastery: 65 Most Delicious, healthy & Gluten Free Rice Recipes (Rice Cookbook, Rice Appetizers, Rice Desserts, Rice Lunch, Rice Drinks, Leftover Rice Recipes Etc)**



## Synopsis

Rice is a food grain which contains many vitamins and minerals that are very healthy. Rice is used as a staple food in many countries. rice is easy to digest even for people with digestive disorder. rice is good choice for people who trying to build mass(muscle mass) because rice is a good carb choice it does not contain any fructose.the main advantage of rice is that its cheap and rice is widely available. most of the professional bodybuilders eat rice before there workout because rice is a clean burning source of energy.Rice is mostly eaten boiled but rice can also be grounded in to flour.like most other other grains out there rice can also be used to make beer, rice straw is used to make paper and one out of four people depends on rice as a staple food.Rice Mastery: 65 Most Delicious, healthy & gluten free rice Recipes(rice cookbook,rice appetizer, rice desserts, rice lunch, rice Drinks, leftover rice recipes etc.) contains a variety of rice recipes that are very easy to make and delicious.

## Book Information

File Size: 226 KB

Print Length: 93 pages

Simultaneous Device Usage: Unlimited

Publisher: LifeTimeHealth (July 29, 2016)

Publication Date: July 29, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01JD3WSK4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,318,784 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Rice Cookers #227 inÂ Kindle Store

> Kindle eBooks > Cookbooks, Food & Wine > Regional & International > International #232

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice &

Grains

## Customer Reviews

I understand English wasn't his first language or I really hope that was the excuse but the recipes were confusing and unable to read at times. Even the measurements were left as question marks for multiple recipes.

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