
Healthy Cooking

Posted by cruzjulian - 2012/01/25 00:27

Any healthy recipes or tips for cooking?

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Re:Healthy Cooking

Posted by Aveena - 2012/02/08 06:05

Hi.....

Nice to meeting you Weeram, I like this recipe so much.
If you have more recipe then please share as soon as possible.

Thanks.

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Re:Healthy Cooking

Posted by DonaldWhite - 2012/02/10 06:22

use less oil in your food. Oil contain a lot of fats. It can increase the amount of Cholesterol in a body that causes a Heart attack. For healthy cooking use less amount of oil.

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Re:Healthy Cooking

Posted by Alexander_john - 2012/02/27 09:17

Hello,
Well some care is important for health.
Drink pure water
Avoid oily food
Take some exercise daily.

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Re:Healthy Cooking

Posted by sarahyoung75 - 2012/04/30 03:35

cruzjulian wrote:
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If you don't like the smell of eggs in the cake or puddings, add a little lemon juice to the batter.

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