

# MEDITERRANEAN DIET COOKBOOK

Quick, Easy and  
Mouth-watering Recipes that  
Busy People can Cook



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## INTRODUCTION

**T**he Mediterranean diet is a diet that focus on the traditional eating habits of people living in the Mediterranean region, which includes southern Italy, Spain, Greece, and France. The Mediterranean diet is known to be heart healthy, but studies have shown that it can also reduce the risk of certain cancers, like breast and colon cancer. The Mediterranean Diet is based on a simple premise: using food to help maintain a healthy body and mind. It's not a "diet" in the sense that it's a temporary change to your eating habits, but rather a lifestyle. The Mediterranean diet is packed with health benefits. For example, studies have shown that people who eat a Mediterranean diet are at a lower risk of heart disease and stroke. Eating this way has also been shown to help lower blood pressure and cholesterol.

The Mediterranean diet offers a number of health benefits that are not seen among people who consume that much red meat. The diet is associated with a lower risk of death from cancer, heart attacks as well as strokes, and even a lower number of deaths from Alzheimer's. There's also a list of other benefits such as a lower risk of high blood pressure, depression, and other chronic diseases and a better quality of life. If you ever wanted a taste of the good life, here are some of the top benefits of the Mediterranean diet.

Unlike most people associated with the term "diet" with losing weight, this diet as stated earlier will help you live

longer. Heart disease is one of the leading causes of death in the U.S. This diet simply helps you reduce some of the factors that lead to a heart attack. In the study done on British men, those who opted for the Mediterranean diet had a 41% lower risk of dying from a heart attack when compared to those who followed the more traditional high-fat diet such as the Atkins diet.

# BREAKFAST RECIPES

## 1. Buckwheat Buttermilk Pancakes



Preparation Time: 2 minutes

Cooking Time: 18 minutes

Servings: 9

### **Ingredients:**

- 1/2 cup of buckwheat flour
- 1/2 cup of all-purpose flour
- 2 teaspoons of baking powder



- 1 teaspoon of brown sugar
- 2 tablespoons of olive oil
- 2 large eggs
- 1 cup of reduced-fat buttermilk

**Directions:**

1. Incorporate the first four ingredients in a bowl. Add the oil, buttermilk, and eggs and mix until thoroughly blended.
2. Put griddle over medium heat and spray with non-stick cooking spray. Pour  $\frac{1}{4}$  cup of the batter over the skillet and cook for 1-2 minutes each side or until they turn golden brown. Serve immediately.

**Nutrition** 108 Calories 3g Fat 4g Protein

## 2. French Toast with Almonds and Peach Compote



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

### **Ingredients:**

Compote:

- 3 tablespoons of sugar substitute, sucralose-based
- 1/3 cup + 2 tablespoons of water, divided
- 1 1/2 cups of fresh peeled or frozen, thawed and drained sliced peaches