



Kitchen Wizard Flexipes: Simple Time-Saving Secrets for Tasty Global Cuisine

Mari Suzuki

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Author Mari Suzuki is neither a chef nor a nutritionist, but she is a kitchen wizard! Combining her Japanese roots and systems and logistics background from IBM and FedEx and, of course, a love of good food, Mari designed Flexipes™ or flexi-ble reci-pes! The Flexipes™ method is a unique solution to today's home cook's most common dilemma--how to cook and eat a larger variety of healthy food that tastes good, all while using less prep time and effort.

What's the secret? With Kitchen Wizard Flexipes™ all you have to do is prepare one simple base, then mix and match with what you have on hand, and--voilà!--dinner's ready!

Mari also guides you with smart tips on seasoning, stocking food, and keeping your kitchen tools and ingredients ready to go. No more treasure hunting at dinnertime. No more repeats. No more wasted food. You will soon find yourself cutting your prep time in half, eating a far larger variety of healthy meals, and saving lots of money at the same time! Best of all, it's really fun to cook this way.

Distilled down to its essence, this book is your magic wand for stress-free cooking, tastier food, and a healthier lifestyle in this busy world. By using Mari's Flexipes™ and tricks, you will soon feel like a wizard in your kitchen!

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Keywords: quick, easy, recipe, cooking, simple, international, Japan, time-saving, how to, health, healthy
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