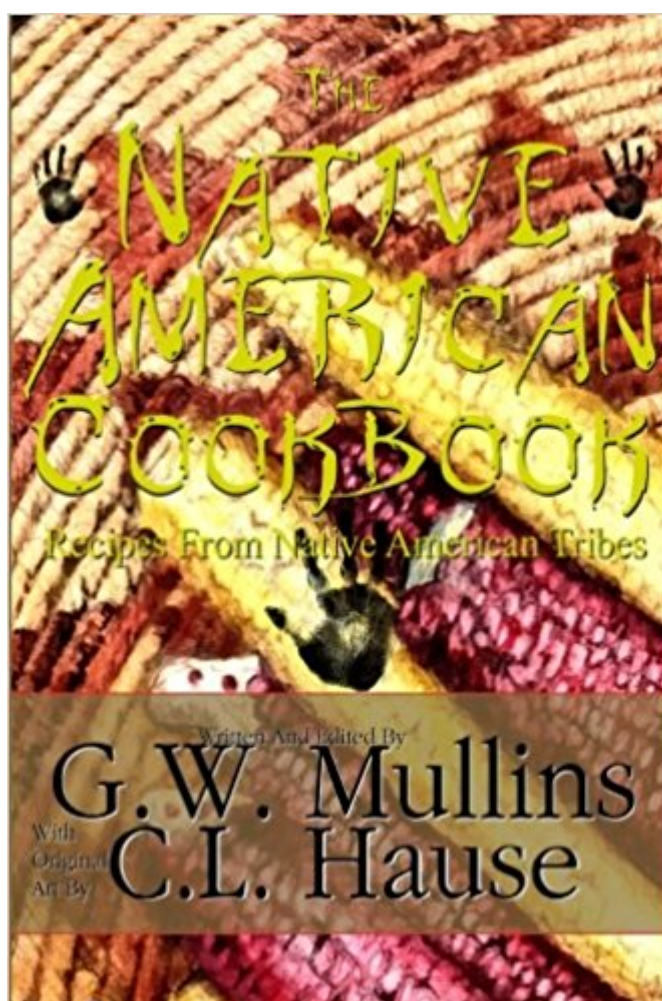


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# The Native American Cookbook Recipes From Native American Tribes



## Synopsis

Many people do not realize it, but Native American foods are rich in nutrition as well as heritage. Few people know that over fifty percent of the foods we enjoy today were used by the Indians centuries ago. Native Americans were not only experts at hunting wild game, but they also were excellent farmers. They were known to cultivate crops in high, arid desert regions that required elaborate irrigation systems. Wild plants were also used abundantly to supplement the diet. Nothing was wasted, even the roots were often ground into powders to be used breads and other foods. Native Americans have always been well revered for being resourceful people, and when it comes to food, there is no difference. They were well versed at using the ingredients that were readily available to them and for making many different foods with them. Native American delicacies have shaped American culture as a whole. Today's society owes much of what it has learned about food and the natural American resources to the early Native Americans. Included in this book are many recipes that cover a wide range of Native American cooking. Some recipes are traditional while others have been redeveloped over the years to include new ways of cooking and include new spices and ingredients. The recipes in this collection have been chosen in a way to stay true to the Native experience. Enjoy these recipes and take a look back at a healthier nation. One which did not rely on processed foods. Experience true Native American flavor and creativity.

## Book Information

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## Customer Reviews

This book desperately needs an editor. There were so many grammar and punctuation errors that I finally threw it aside. Complete waste of money. I gave the book to my local paperback exchange, glad to be rid of it.

Not really special or unique. Pretty Bland

A great book, very informative. I loved it. I highly recommend this title. I found some great recipes in this one. I also loved Walking With Spirits from the same author. Take a chance on this one. Not sure why anyone wouldn't love this one.

A great book and very interesting. I loved the wide range of recipes. Very well organized and written. A book I am glad I added to my collection.

Worth a read. Has a ton of information I never expected. The recipes are priceless. I enjoyed it so much.

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