

THE HEALTHY COLLEGE COOKBOOK



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The Healthy College Cookbook 2nd Edition Alexandra

Written by college students for college students, this revised edition includes 100 new recipes submitted from college students across the country. Some of the original recipes have been updated and the many new ones reflect the tastes of students today with more vegetarian and whole grain selections.

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The Healthy College Cookbook sample pages Curry

ten years ago of The Healthy College Cookbook. There are more vegetarians and vegans, the George Foreman Grill is a big part of quick college cooking, and students eat more tofu and whole grains than in the past. This

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Most college students are new to cooking, and The Healthy College Cookbook contains a wealth of information and tips for the novice. It explains cooking terms, describes common spices, and offers basic, sensible advice on stocking a kitchen with equipment and food staples.

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