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MAKE YOUR OWN CHEESE: 25 HOMEMADE CHEESE RECIPES



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Make Your Own Cheese: 25 Homemade Cheese Recipes Cheese is made by fermenting milk. It is a great source of calcium and protein. Calcium keeps your bones strong and helps prevent osteoporosis. Protein can keep you feeling full for a longer period of time. The protein in cheese can also reduce blood sugar levels. Cheese contains mineral such...

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- Authored by Sara Coleman
- Released at 2014



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