



## 37 Healthy Apple Recipes for Apple Lovers

By Sophia Seeds

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.37 Healthy Apple Recipes is created for Apple Lovers. Some great apple desserts for Kids Birthday Parties Too. You ve heard: An apple a Day Keeps the Doctor Away. Apple is so important in our daily diet. But many of us don't enjoy the taste of apples so much. And you are in need of thinking of different ways to put apples into your biological food chain as apples are superfood! This book will show you: 1. how to enjoy eating apples everyday with these 30+ creative apple recipes. 2. how to have a variety of way to eat apples that is not boring in flavor. 3. how to eat healthier everyday and keep a good balanced diet. 4. how to make spiked apple cider easily for your Friends Party Get together 5. how to make great yummy apple pies especially around autumn with the great harvest of crunchy apples abundant in markets everywhere. These are some of my favorite apple recipes: 1. Super Apple Cider for Parties 2. Quick Easy Apple Cider 3. Spiced Apple Cider...



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