



## Kale Recipes on the Go: 50 Light and Healthy Recipes Soups, Salads, Lunch, Dinner and Smoothies

By Lisa Merrita

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 274 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you a fan of vegetables? If yes, then this recipe book is for you! It has some of the best and easiest recipes of the healthiest vegetable present: kale. Like majority other green vegetables kale is rich in proteins and vitamins, and most importantly it's easily available. So, for your health benefits we bring you 50 kale recipes. This book has: 1.Soups and salads 2.Lunch recipes 3.Dinner recipes 4.Smoothies So, if you are looking forward to a healthy yet delicious lifestyle don't miss out on these kale recipes!.



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