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Everything Whole Foods Cookbook: Includes: Strawberry Rhubarb Smoothie, Spicy Bison Burgers, Zucchini-Garlic Chili, Herbed Salmon Cakes, Pineapple Ice

By Rachel Rappaport, Rappaport,

Adams Media March 2012, 2012. Trade Paperback. Book Condition: New. Want to improve your health, prevent illnesses, and achieve and maintain a healthy body weight? Whole foods are the answer! This comprehensive cookbook incorporates an incredible variety of nourishing foods and recipes you'll decrease inflammation, fend off disease, and increase energy, all without excess sugar, fat, and artificial additives. These minimally processed foods, such as fresh produce, lean meats, and whole grains, are packed with both the essential nutrients you need and the amazing flavor your family craves. Inside, you'll learn how to use the delicious variety of wholesome, natural foods to create satisfying recipes like: Raspberry-Yogurt Muffins Spicy Peanut Noodles Peach and Chevre Panino Fruit-Glazed Pork Loin Summer Vegetable Stew Raspberry Sorbet From easy weeknight meals to indulgent special-occasion treats, the recipes in 'The Everything Whole Foods Cookbook' give you the confidence you need to start cooking with whole foods every day.' Want to improve your health, prevent illnesses, and achieve and maintain a healthy body weight? Whole foods are the answer! Learn how to use the delicious variety of wholesome, natural foods to create satisfying recipes.



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