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The Best-Ever Wholefoods Cookbook

By Nicola Graimes

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Best-Ever Wholefoods Cookbook, Nicola Graimes, This title features over 100 recipes for every occasion, photographed step by step to guarantee perfect results every time. There are over 100 appetizing vegetarian recipes, from breakfasts and brunches to main meals, side dishes and salads, as well as desserts, bakes and breads. It includes down-to-earth nutritional advice about what to eat and how to achieve the correct balance of foods. It features a directory of ingredients, from herbs, fruit and vegetables to sprouted seeds, grains and cereals. Each dish has clear, step-by-step instructions and useful information on health benefits. It is an authoritative guide with plenty of practical advice. Numerous studies have revealed the health benefits of eating the right balance of natural foods such as fruit, vegetables, whole grains, nuts, seeds and beans. This book is a guide to these ingredients and includes over 100 vegetarian recipes. The first section describes the main wholefoods with essential facts about how each food boosts health, and its nutritional value. You can find out which foods help to lower cholesterol, reduce the risk of heart disease and lower your cancer risk. The second section contains a...



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