



Kale Cookbook: A Collection of Super Nutritious, Vegan and Gluten Free Kale Recipes to Lose Weight, Lower Cholesterol and Live Healthy

By Isabelle Mathews Rd

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Ditch Empty Calories and Enjoy Nutrient Dense Superfood Kale Recipes Starting Today If you have searched for kale recipes, then you are definitely aware of its health benefits and want to introduce new and exciting dishes made of kale to your diet. You are on the right path, by purchasing this collection of healthy kale recipes you will be amazed at the variety of options, that such simple product like kale can offer you. In this collection you will find a wide range of recipes, which can be adapted for a solid breakfast and a hearty lunch, some that will go well as a dinner treat or a light supper. Main dishes, appetizers, salads and side dishes will give you good tips on every day food choices and will help you form a proper, healthy and energetic lifestyle and a wise approach to your diet. Also included are kale smoothie recipes that are rich in vitamins and minerals and will also help you with weight loss. You will also learn how to prepare and store...



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