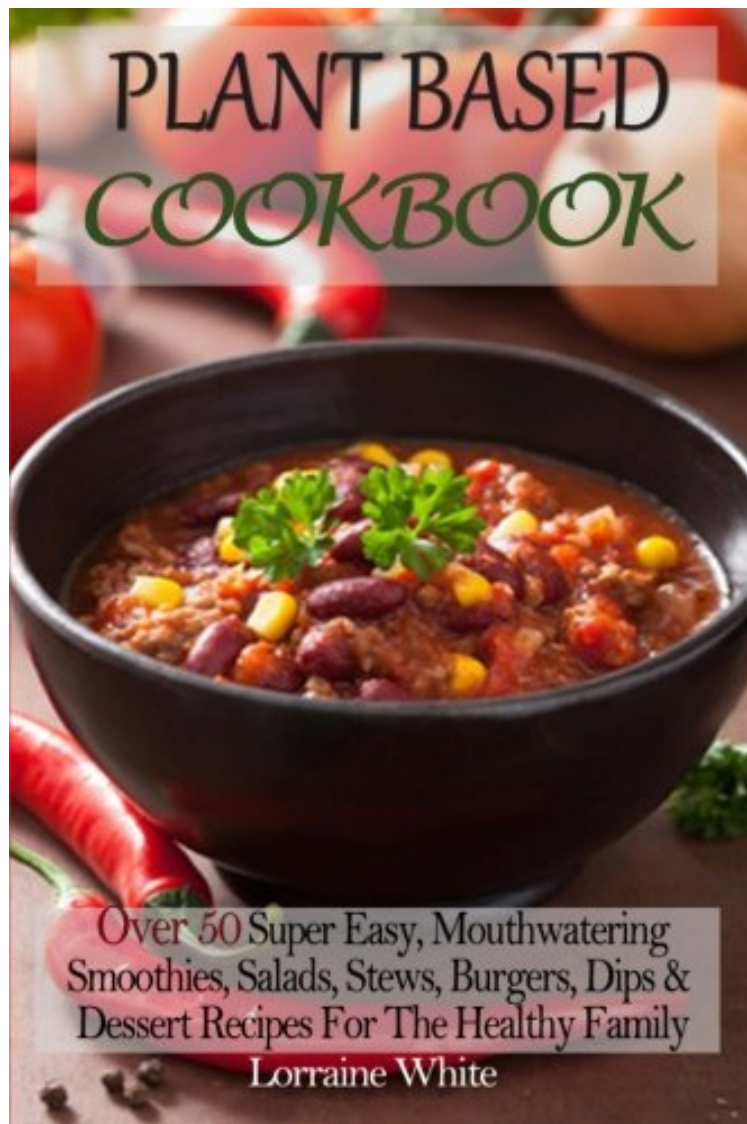


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Plant Based Cookbook : Over 50 Super Easy, Mouthwatering Smoothies, Salads, Stews, Burgers, Dips Dessert Recipes For The Healthy Family: Low Fat Food To Help You Lose Weight Maintain Good Health

Lorraine White

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Lorraine White : Plant Based Cookbook : Over 50 Super Easy, Mouthwatering Smoothies, Salads, Stews, Burgers, Dips Dessert Recipes For The Healthy Family: Low Fat Food To Help You Lose Weight Maintain Good Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Plant Based Cookbook : Over 50 Super Easy, Mouthwatering Smoothies, Salads, Stews, Burgers, Dips Dessert Recipes For The Healthy Family: Low Fat Food To Help You Lose Weight Maintain Good Health:

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Plant Based Cookbook: Sticking to a plant based diet made from whole foods is said to be beneficial to you and your family's health. Dr Oz says that families that make healthy choices together, stay healthy together. This cookbook has over 50 recipes that you can use as a meal planner to keep your family healthy and happy. Research has shown that by omitting certain foods from our diets and sticking to a low fat, non-meat plant based diet could be one of the best things that we can do for our overall health. This is particularly true when you replace the bad things that you are eating with foods that are known to have clear health benefits. This makes perfect sense because plant based foods are full of anti-oxidant, anti-aging and disease fighting properties which work together to keep your body fit and healthy. It is a challenge to cook and eat the right things every single day with our current junk food eating culture. To go against the grain (pardon the pun) and eat only the best food is one of the best gifts you can give your family and yourself. Here are just some of the recipes included in this book: Healthy Smoothies • Mango Medley • Banana Vanilla Smoothie • Healthy Green Smoothie • Cool Carrot Smoothie • Purifying Pineapple Smoothie • Pure Papaya Smoothie Salads Bean Dishes • Classic Mixed Bean Salad • Roast Potato Green Bean Salad • Spicy Chili • Spinach Sweet Potato Salad • Cannellini Spinach Salad Burgers • Sweet Potato Burgers • Jamaican Jerk Burger • Kidney Bean Burgers • Mushroom Burgers • Portobello Onion Burgers Hearty Soups • Spicy Cauliflower Soup • Butternut Squash Soup • Winter Green Soup • Sweet Potato Red Onion Soup • Pumpkin Soup • Carrot Avocado Soup Casseroles Stews • Brown Rice Stew • Simple Vegetable Stew • Spicy Potato Stew • Jamaican Bean Stew • Vegetable Lentil Stew • Quinoa Casserole • Squash Casserole Dips • Cannellini Dip • Simple Onion Dip • Spicy Bean Dip • Creamy Jalepeno Dip • Carrot Dip Desserts • Pumpkin Pie • Chocolate Avocado Drops • Vanilla Cupcakes • Banana Cake • Strawberry Shortcake Biscuits • Lemon Pudding Sticky Sauce These whole foods recipes are tasty, quick and easy to prepare and will have your family eating healthy in no time at all. So scroll up, click to buy and get your beans and veggies out. It's time to start looking after your health with the recipes in this whole foods Plant Based Cookbook.