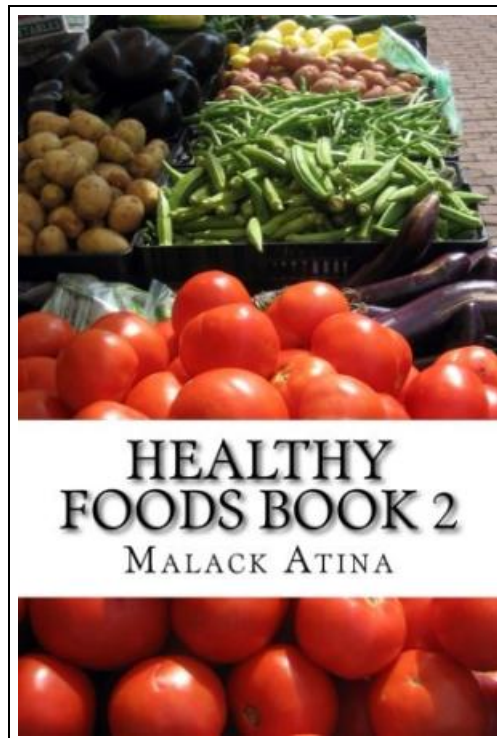


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HEALTHY FOODS BOOK 2: THE ULTIMATE GUIDE TO HEALTHY FOODS AND HEALTHY COOKING!



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I know what you are thinking. It s easy for someone who has been cooking for a number of years and not only loves cooking but does it to earn a living. Well, relax. This book is designed to help ease the burden of making the transition to a healthier, whole foods and grain foods - based diet, from introduction to grains to healthy grain recipes.What does whole grain mean anyway? This name refers to a seed s anatomical structure- the pericarp, endosperm and germ. So, any reference to whole grains means that the entire grain structure is being used; there has been no polishing, rolling, purling or stripping of seed. All the nutritive parts of the grain are intact for consumption. I hope these recipes will aid you on your journey towards a healthier way of eating.



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