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25 Easy Beans and Legumes Recipes: Healthy Weight Management for the Colon and Heart (Paperback)

By Donna K Stevens

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.25 Easy Beans and Legumes Recipes: Healthy Weight Management for the Colon and Heart Are you looking for a healthier way to manage your weight? Or do you simply want to protect your heart? Do you want to reduce your risk to colorectal cancer or diabetes? There is one excellent way to manage your weight in a healthy manner and at the same time prevent or at least reduce your risk to the most common diseases that plague the world population today; and it starts with your diet. Did you know that beans and legumes are rich in fiber? They are loaded in protein, B vitamins, antioxidants, potassium, copper, zinc, magnesium and iron among many other nutrients. What makes them more special is their versatility. You can add them almost in any kind of dish. Beans and legumes are quite affordable too compared to other superfoods. While beans and legumes are hearty and healthy, most people worry about cooking them. Is your recipe vocabulary for beans and legumes limited? If it is, then you have found the right book to...



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