

## Magnificent Carrots Cookbook. 25 Practical Recipes with Carrots. (Paperback)



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Looking for carrot recipes? In this cookbook you ll find a selection of tasty carrot dishes. The carrot is a unique vegetable that has an exception from the rules of cooking - the boiled carrot contains more vitamins than a raw one. This is an ingredient for many breakfast dishes, lunches, appetizers, snacks, dinners, and even desserts. Carrots recipes are lovely all year round. In this cookbook we break all the benefits and ways to cook carrot for your family. What are carrots good for? The carrot can fight with many diseases and it also has a positive effect on all organs of the human body. Carrots provide vitamin A and a lot of other impressive health benefits including beautiful skin, cancer prevention and anti-aging. This vegetable reduces cholesterol, prevents from heart attacks, boosts the immune system and improves vision. The carrots recipes are always delicious and easy to cook. Glazed, creamy, marinated or cooked - no matter how you like them Carrot book has 25 carrots recipes to cook. Forget about vitamin A pills! Buy this carrots book once and read it on your Kindle. This carrots ebook is available not only in Kindle, you can read it on PC or other device. So what are you waiting for?.

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