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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Daily Serving Of Microgreens Can Extend Your Life Microgreens are believed to have 4-6 times more nutrients than older leaves of the same plant. This doesn't mean that you need to give up big, leafy greens. Microgreens can become an added ingredient in your recipe. This book will teach you how to incorporate microgreens into your meal planning. This recipe...

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- Authored by Todd Schnieders
- Released at 2015



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