

Read Book Five Delicious Ways
To Incorporate Whole And
Natural Foods Into Your
**Five Delicious Ways
To Incorporate
Whole And Natural
Foods Into Your
Cooking**

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To Incorporate Whole And
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This book Japanese Cookbook: 25

**Delicious Japanese Recipes from
authentic Japanese Cuisine – Enjoy
Authentic Japanese Meals is designed to
share delicious Japanese recipes.**

**Typically, the traditional Japanese
meals should incorporate all five
flavors, such as sweet, salty, bitter, sour**

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and umami. The meal should include delicious dishes prepared in different ways, such as simmered, steamed, broiled, grilled and deep-fried. There are 25 Japanese recipes that will be really good for everyone to enjoy. If you want to throw a Japanese themed party, you can get the advantage of this book.

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Cooking

Make sure to buy accurate ingredients because the selection of ingredients plays an important role in the authentic taste of Japanese food items. This Japanese Cookbook is designed for your assistance with 25 recipes that are easy to follow and you can improve your culinary skills. This book offers: -

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Traditional Japanese Ingredients -

Japanese Traditional Recipes -

Japanese Seafood Recipes - Japanese

Recipes for Dinner Parties - Japanese

Desserts and Sweets Download this

cookbook to enjoy authentic Japanese

cuisine and enjoy tasty meals given in

this book.

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Eating naturally fermented, probiotic foods (such as kimchi) is one of the healthiest and most effective ways to improve digestion. Balance the digestive system and boost your immunity with healthful, simple, and delicious everyday meals using Firefly Kitchens' recipes for fermented kimchi, krauts,

Read Book Five Delicious Ways To Incorporate Whole And Natural Foods Into Your **Cooking** and carrots. Making homemade fermented foods is simple and delicious. With eighty-five recipes like Kimchi Kick-Start Breakfast, Smoked Salmon Rueben, and Flank Steak over Spicy Noodles, Fresh & Fermented makes it easy to include these healthy foods in every meal.

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Cooking
This book is dedicated to the "Chef in You with recipes for the "beginner" as well as the "seasoned cook. Its goal is to bring you help with a delicious yet quick meal for every night of the week. You won't just be cooking ordinary chicken and pasta dish but it will take your meals to the next level. Your family will

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love coming to the dinner table and they will be excited to eat everything on their plate. Also included are healthier ways to incorporate starch in your meals thus helping win the fight against obesity and diabetes. You will enjoy these quick and tasty meals.

It has become common knowledge that

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childhood obesity rates are increasing every year. But the rates continue to rise. And between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad

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eating habits? As a mother of three,

Cooking
Jessica Seinfeld can speak for all
parents who struggle to feed their kids
right and deal nightly with dinnertime
fiascos. As she wages a personal war
against sugars, packaged foods, and
other nutritional saboteurs, she offers
appetizing alternatives for parents who

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find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her modus operandi? Her book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a

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professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help

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Cooking
parents zoom through the supermarket,
and tips on how to deal with the kid that
"must have" the latest sugar bomb
cereal. But this book also contains much
more than recipes and tips. By solving
problems on a practical level for
parents, Seinfeld addresses the big
picture issues that surround childhood

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obesity and its long-term (and ruinous) effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information related to kids' nutrition so parents understand why it's important to throw in a little avocado puree into their quesadillas. She discusses the

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critical importance of portion size, and the specific elements kids simply must have (as opposed to adults) in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld's book is practical, easy-to-read, and a godsend for any parent that wants their kids to be

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healthy for a long time to come.

In this book, we have hand-picked the
most sophisticated, unanticipated,
absorbing (if not at times crackpot!),
original and musing book reviews of
"Super Natural Cooking: Five Delicious
Ways to Incorporate Whole and
Natural Foods into Your Cooking."

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Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in

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the next five minutes. 3. You've heard it all.

Semen is not only nutritious, but it also has a wonderful texture and amazing cooking properties. Like fine wine and cheeses, the taste of semen is complex and dynamic. Semen is inexpensive to produce and is commonly available in

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**many, if not most, homes and
restaurants. Despite all of these positive
qualities, semen remains neglected as a
food. This book hopes to change that.
Once you overcome any initial
hesitation, you will be surprised to learn
how wonderful semen is in the kitchen.
Semen is an exciting ingredient that can**

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give every dish you make an interesting twist. If you are a passionate cook and are not afraid to experiment with new ingredients - you will love this cook book!

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In

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their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group.

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Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address

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everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly

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**popular website has changed the lives of
over 1 million people and made them
the #1 green smoothie online resource.
Simple Green Smoothies will empower
you to take control of your health in a
fun, sustainable way that can transform
you from the inside out. Ready to join
the plant-powered party?**

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[Cook 1.0](#)

[Super Natural Cooking](#)

[100 Super Easy, Super Fast Recipes](#)

[Japanese Cookbook, 25 Delicious](#)

[Japanese Recipes from Authentic](#)

[Japanese Cuisine](#)

[Simple Green Smoothies](#)

[Recipes Inspired by Home and Travels](#)

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[366 Delicious Ways to Cook Rice,](#)

[Beans, and Grains](#)

[A Woman's Guide to Health, Healing,
and Wholeness at Every Age](#)

[Greens 24/7](#)

[Super Natural Every Day](#)

[American Book Publishing Record](#)

[Weight Gain? Memory Lapses? Mood](#)

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To Incorporate Whole And

Swings? Fatigue? Your Symptoms Are
Real--And Your Solution is Here

100+ Tasty Recipes to Lose Weight,
Gain Energy, and Feel Great in Your
Body

The Publishers Weekly

Anti-Inflammatory Foods for Health

Get healthy in just 15

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days with this diet plan
from the celebrity
trainer and New York
Times bestselling author
featured on Khloé
Kardashian's Revenge
Body--now revised with

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the latest nutrition
Cooking science and updated
recipes. Harley
Pasternak has worked
with most of Hollywood,
whipping celebs into
shape for roles and the

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Cooking.

red carpet and also
appearing as a celebrity
trainer on Revenge Body
with Khloé Kardashian.
With The Body Reset
Diet, he introduced his
ultimate reset plan to

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the word, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new

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introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim

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**down: blending. The five-
day jumpstart includes
delicious, expertly
crafted smoothies, dips,
snacks, and soups--all
customizable to any
preference or diet**

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restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their

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Cooking
metabolisms humming. The
plan also explains how
the easiest form of
exercise--walking--along
with light resistance
training is all it takes
to achieve the celebrity-

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worthy physique that
every reader craves.

Whether readers are
looking to lose
significant weight or
just those last five
pounds, **The Body Reset**

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Cooking
Diet offers a proven
program to hit the reset
button, slim down, and
get healthy in just
fifteen days--and stay
that way for good!

Reveals a new world of

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Cooking

flavors through a focus
on overlooked parts of
vegetables, including
stalks, tops, fronds and
stems, with advice on
reducing waste and
saving money through

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seventy recipes that
teach cooks how to think
differently about the
product they buy and
grow.

Raw Basics provides easy
beginning steps to add

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more fresh, vibrant
Cooking living foods to your
diet. This book answers
the question "How do I
get embark on a raw-
foods diet?" by offering
relevant real-time

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**solutions to integrate
more living foods into
your eating plan, as
well as simple
guidelines that will
become your road map for
success in the**

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Natural Foods Into Your
transition. Everyone,
Cooking
regardless of
background, can use Raw
Basics and the tools
inside to begin making
delicious raw meals and
feel the health benefits

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Cooking

of the living-foods
lifestyle. Within these
pages, you'll find five
simple ways to get
started, a number of
everyday recipes, kid-
friendly selections from

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Cooking
chef Jenny Ross's own
family favorites, menus
for entertaining, and
easy transition dishes.
Have you lost your love
for the kitchen because
of cumbersome cooking

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processes? Are you more
in-tuned to improved
ways of cooking that
incorporate tech-
advanced appliances? How
will you like the idea
of cooking with fewer

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ingredients while still
turning out

mouthwatering foods?

Well, these and more are
what I offer in this
cookbook! A pleasure of
cooking that inculcates

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Natural Foods Into Your
the Ninja Foodi into
Cooking
everyday cooking -this
book plays with few
ingredients to offer
sumptuous foods. I
believe that cooking
should be fun and never

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cumbersome. So, in my

Cooking
quest to conquering this
feat, I share a whopping
eighty recipes that use
five main ingredients
for cooking. These
ingredients are

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Cooking

supported with other
regulars sourced from
your pantry. And
together with my winning
ideas, we get to make
"ask-for-more"
delicacies. As a

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Cooking

businesswoman, exploring
the money world to her
best, I find cooking to
be a world that plays on
the same rules as the
business world. Coupled
with my love for

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Cooking, I play on the
use of time as a valued
element in creating
recipes. I aim at saving
you many minutes while
you cook. Meanwhile,
these offerings offer

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you foods that are
tastier than you would
have spent breaking the
back. Come with me into
a world of American and
cross-continental
classics that will get

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Cooking

you cooking all year
long. There are options
for every part of each
day and specials for
occasions. Would you
instead wallow off and
not give them a try? I

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**bet you wouldn't! Head
Cooking**
over to your purchase,
and let's get cooking in
split seconds. I hope to
see you at the end of
the book, cheering on
the great adventure that

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Natural Foods Into Your

we make together

Cooking
-cooking with the Ninja
Foodi and working with
at most five main
ingredients.

An easy-to-follow, drug-
free program that can

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Natural Foods Into Your

Cooking
bring blood sugar into
balance in just one
month. As many as 16
million Americans are
living with high-normal
blood sugar. They aren't
diabetic, but they are

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**experiencing symptoms,
including weight gain,
fatigue, depression, and
poor concentration, that
are undermining their
quality of life. Left
unchecked, these**

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Cooking

symptoms could lead to
more serious medical
conditions such as heart
disease, cancer, and
diabetes. Drawing on the
very latest medical
science, **The Sugar**

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**Solution helps readers
determine whether
they're at risk for
blood sugar problems and
shows them how to rein
in their blood sugar
levels without drugs or**

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injections. The
Cooking
exclusive 30-day
lifestyle makeover
guides them every step
of the way, with
complete daily menus,
exercise strategies, and

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stress-reduction

Cooking
techniques. Pounds will
melt away, energy will
soar, and mental
sharpness will return as
blood sugar stabilizes.

New York Times

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bestselling author of

Cooking
Super Natural Every Day,
Heidi Swanson shares 125
natural foods recipes
along with photographs
inspired by her travels
both near (Northern

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Cooking

California) and far
(Italy, Morocco, France,
India, and Japan). Equal
parts recipe journal and
photo album, Near & Far
focuses on dishes
inspired by Heidi

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Cooking

Swanson's Northern

California kitchen and

her many international

travels to diverse

cities including

Marrakech, Tokyo, Paris,

Jaipur, Rome, Kyoto,

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Palermo, New Delhi, and
Cooking more. In this deeply
personal collection,
Heidi turns to the
series of dog-eared
recipe journals she has
kept for years--each

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*filled with newspaper
clippings, magazine
scraps, photos, stamps,
receipts, and sticky
notes to chronicle
details she wants to
remember: a paprika-*

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spiked tomato soup in
Amsterdam, the pattern
of an ancient Italian
olive grove she passed
on the way to the Bari
airport, and the precise
way an elderly

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Vietnamese woman

Cooking

carefully sliced

broccoli stems in the

back of a grocery in New

Zealand. Vegetarian

recipes such as Carrot

and Sake Salad, Fennel

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Frond Orzo, Rye

Buttermilk Cakes,

Harissa Farro, Fresh

Ginger Citrus Juice, and

Brown Butter Tortelli

make use of the healthy,

whole foods ingredients

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and approachable
Cooking techniques that Heidi's
sizable fanbase has come
to expect. And
photographs taken on
location around the
world--as well as back

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home in Heidi's
Cooking

kitchen--reveal the
places that inspire her
warm and nourishing
cooking.

A follow-up to the James
Beard Award-nominated

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Super Natural Cooking

**features 100 vegetarian
recipes for weekday-
friendly dishes
including Pomegranate-
Glazed Eggplant,
Chickpea Saffron Stew**

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To Incorporate Whole And
Natural Foods Into Your
and Salted Buttermilk
Cooking Cakes. Original. 75,000

first printing.

Avoid Disease!, Lose
Weight!, Gain Energy!,
Feel Great! ; It's All
So Easy when You Balance

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To Incorporate Whole And
Natural Foods Into Your
Your Blood Sugar
Naturally

85 Delicious Ways to
Make Fermented Carrots,
Kraut, and Kimchi Part
of Every Meal
The Body Reset Diet,

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Natural Foods Into Your
Revised Edition

Consumer-based New

Product Development for
the Food Industry

Well-loved Recipes from

My Natural Foods Kitchen

The Discovery That

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Natural Foods Into Your
Revolutionizes Home
Cooking
Baking

Double Delicious!

Good, Simple Food for

Busy, Complicated Lives

The Complete Elderberry

Tea Book

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Damn Delicious

The Art of Using the

Whole Vegetable

Delicious, Nourishing

Food for Lifelong Health

and Well-Being

Going Organic Without

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Going Broke

Recipes from the

Herbalist's Kitchen

Five Festive Dinners

Jennifer Brule is on a mission,
southern style, to teach people
to cook. Her method: master

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twenty-five classic southern dishes, and then--using similar ingredients or cooking techniques or both--make two variations, one contemporary and one inspired by international tastes. Brule's line-

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up of beloved southern dishes is irresistible in itself, but she aims to inspire enthusiasm and confidence to expand deliciously from there. The beauty of her approach is that it reflects how people really do

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learn to cook, resourcefully, creatively, and joyfully. Savor the Classic Chicken and Dumplings and next find yourself cooking Vegetarian Mushroom Stew with Sweet Potato Dumplings before

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whipping up Hungarian Chicken
Paprikash with Dumplings.

Featuring step-by-step
instructions designed to teach
basic cooking techniques, Brule
shows cooks how to whisk,
chop, slice, simmer, saute, fry,

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bake, and roast their way to seventy-five wonderfully tasty dishes. The contemporary versions incorporate especially wholesome elements, such as unrefined grains and healthier fats, while the international

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versions offer popular global tastes. Color photographs of each dish illustrate the wide array of meats and fish, vegetables, side dishes, and desserts that can soon be on your table.

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Elderberry Tea: One more way to enjoy the benefits and nutrition of this popular superfood! Want to know more? Use the "LOOK INSIDE" feature to see the book's complete Table of Contents and see a

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sample of this book. Elderberry has been a part of natural diets and medicine for thousands of years. It's a part of mainstream culture all over Europe and is finally enjoying a resurgence of well-deserved popularity in the

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U.S. and North America. People can't get enough of elderberry!...And for good reason. Aside from the buzz about its wellness, anti-viral promise, suspected cold and flu defense, and immune-

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supporting benefits, elderberry tastes delicious! Delicious and nutritious. What more do you need? A few great ways to easily incorporate elderberry into your days? Tasty teas based in elderberry and

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elderflower are an excellent way to enjoy the produce of the elder bush every single day. And as variety, as they say, is the spice of life, this book full of more than 25 unique elderberry tea recipes

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will give you plenty of variety to make taking your daily dose of elderberry easy. Made completely from dried elderberries, elderflowers, and popular herbs and spices, these tea mixes are easy to

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make and easier to enjoy. All the ingredients can be purchased online, if not in your local store. You will find plenty of advice for ingredient shopping, as well as tips for selecting the best type and

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preparation for clean, clear,
pleasing teas. In this book: -26
recipes for 26 different flavors
of elderberry tea-Helpful tips to
tweak recipes to suit your taste
preferences-Five bonus recipes
that use dried elderberries or

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dried elderflower-including elderberry syrups, elderberry jam, even elderberry mulled wine!-Foraging your own elderberry tea ingredients for drying and tea-making-Advice for how to brew the best cup of

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elder tea-Helpful volume
conversions-Best storage
conditions for bulk ingredients
and elderberry teas-Even
instructions to Build Your Own
elderberry tea recipe!It's all
here-start to finish, easy

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Cooking
elderberry tea recipes to make
your own, save money, and
easily incorporate elderberry
into your everyday. The
Complete Book of Elderberry
Tea takes you through every
step from shopping for

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Cooking ingredients to mixing your teas, (and even some information for foraging or growing your own!). You'll find bonus recipes for more elderberry products made from your dried tea ingredients, too.

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Cooking
Make them to enjoy, make
them to share; make
elderberry a healthful part of
your everyday with tasty
elderberry tea!

Best-selling author Dan
Buettner debuts his first

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cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity expert Dan

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Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish--for example, Sardinian Herbed Lentil Minestrone; Costa Rican

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Hearts of Palm Ceviche;
Cornmeal Waffles from Loma
Linda, California; and
Okinawan Sweet
Potatoes--uses ingredients and
cooking methods proven to
increase longevity, wellness,

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and mental health.

Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from

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countries as far away as Japan
and as near as Blue Zones
project cities in Texas.

Innovative, easy to follow, and
delicious, these healthy living
recipes make the Blue Zones
lifestyle even more attainable,

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thereby improving your health, extending your life, and filling your kitchen with happiness. A stylish and creative introduction to cooking with nutritional superfoods features eighty healthful and delicious

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recipes that emphasize whole grains, natural sweeteners, healthy oils, and phytonutrient-packed ingredients, featuring such dishes as Sweet Potato Spoonbread, Baked Black Tea Spring Rolls, Red Indian Carrot

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Soup, and Mesquite Chocolate
Chip Cookies. Original.

An Inconvenient Truth with
recipes: a fresh, beautifully
designed cookbook with
valuable resources for
environmentally friendly,

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healthy, plant-based dishes.

The follow-up to the #1 New
York Times bestseller

Deceptively Delicious goes
beyond purees and kids' foods
to make family mealtime more
delicious, more wholesome,

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Cooking
and simpler than ever. In her
bestselling book Deceptively
Delicious, Jessica Seinfeld
inspired millions of parents to
improve their kids' eating
habits by giving everyday
classics a nutritional boost with

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hidden vegetable purees. Now in Double Delicious!, she's turned her attention to the whole family. Here are more of her easy, imaginative recipes that use the power of purees to make everything healthier,

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from a hearty Turkey Meatloaf
to an irresistible Tiramisu.

Again, she's raised the bar
nutritionally and eliminated
unnecessary sugar and fat,
boosted fiber and nutrients,
and cut way back on sodium to

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bring us more healthful food with fantastic flavor. (She's even developed a Chocolate Peanut Butter Pie that nutritionist Joy Bauer loves!) Encourages readers to adopt a healthier lifestyle, drawing

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from the teachings of holistic medicine as well as modern medical science that points to eating the right foods and taking supplements with enjoying nature and music.

[Natural Harvest](#)

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What to Eat to Save the
World--80+ Recipes for a
Greener Planet and a Healthier
You

Award-Winning BBQ Sauces
and How to Use Them

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[Learn to Cook 25 Southern
Classics 3 Ways](#)

[100 Recipes to Live to 100
Prevention Magazine's the
Sugar Solution](#)

[Traditional, Contemporary,
International](#)

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You're Nose Is in My Crotch!
and Other Things You Shouldn't
Know about Super Natural
Cooking

Five Delicious Ways to
Incorporate Whole and Natural

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Quill & Quire

Power Your Metabolism, Blast
Fat, and Shed Pounds in Just 15
Days

Fast and Easy Five-Ingredient
Recipes: A Cookbook for Busy
People

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[Simple Secrets to Get Your Kids
Eating Good Food](#)
Cooking

Andrea Chesman presents 366 creative and flavorful "natural gourmet" recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzuki

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beans, amaranth, and quinoa.

Organized by course and main ingredient, these dishes range from light and lively starters to hearty and soul-satisfying foods that stick to your ribs but not to your waistline. American

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favorites are well represented here, but adventurous cooks will be pleased to find ethnic cuisines dominating this mouthwatering collection, including such recipes as: Healthy Mediterranean diet-inspired recipes Spicy Vegetable

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Cooking
Couscous Pesto Pasta with
Cranberry Beans Smoky Black
Bean Burritos Jamaican-Style
Rice and Peas This wonderful
addition to our 366 Ways series
features foods that are among
the most versatile and healthful

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in the human diet, not to mention absolutely delicious. Recipes are high in flavor, low in fat. Each recipe includes a detailed nutritional analysis, which counts calories, fat, percentage of calories from fat, protein, fiber,

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sodium, and calcium. Vegetarian dishes dominate the collection, but healthful variations include salmon, shrimp, and chicken. Great food for inflammation sufferers. Cut your finger accidentally and the area will

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swell, redden, and heat up. This type of acute inflammatory response is the body's reaction to trauma, and it's an essential part of the healing process. But inflammation can be harmful when it hangs around too long

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and refuses to leave. When the inflammation switch refuses to turn off, the body operates as if it is always under attack (the older we get, the more likely this is to happen). White blood cells flood the system for weeks, months,

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and even years. Researchers are now linking low-grade, persistent inflammation to premature aging, heart disease, M.S., diabetes, Alzheimer's, psoriasis, arthritis, and cancer. While anti-inflammatory drugs do

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exist, they can injure the
stomach or suppress the
immune system. Fortunately, the
situation can be remedied by a
change in diet, specifically by
altering the kinds of fats you eat.
Omega-3 fatty acids tend to

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decrease inflammation while
omega-6 fats and trans-fats
increase inflammation. While
many foods in the standard
American diet (unrefined white
flour, sugar, red meat, dairy, fast
food, and food additives)

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exacerbate inflammation, a healthy diet made up of fish, nuts, seeds, oils, lean grass-fed meats, and fruits and vegetables can help lessen or prevent inflammation. Likewise, certain spices such as turmeric, cloves,

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and ginger have proven anti-inflammatory activity. Anti-Inflammatory Foods for Health will help those with inflammation incorporate anti-inflammatory foods into their everyday diet. Sample recipes may include

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French-Canadian Pea Soup,
Sumac Salmon, Maple-Ginger
Butternut Squash, Lime-Ginger
Glazed Chicken with Fennel
Relish, Green Salad with Grapes
and Sunflower Seeds, Cod with
Saffron Sauce, and more.

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Popular husband-and-wife
bloggers and podcasters
(acouplecooks.com) offer 100
recipes with an emphasis on
whole foods and getting into the
kitchen together. The couple's
non-diet approach features

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simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-

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photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in

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favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of

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Cooking
spirited writing, nourishing
recipes with a Mediterranean
flair, and vibrant photography.
Dubbed a "vegetarian cookbook
for non-vegetarians", it's a
beautiful book that's food for
thought, at the same time

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providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest

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to more time-consuming 10 life
lessons for a sustainably healthy
approach to cooking, artfully
illustrated with a custom
watercolor

Get Unforgettable BBQ with
Handmade Sauces Voted "Best

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in the World” Kick the flavor up a notch by making award-winning sauces with wholesome ingredients in your own backyard. From Memphis Mop BBQ Sauce and Kansas City BBQ Sauce to less traditional

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flavors like Cherry Bourbon BBQ Sauce and Tangy Peach BBQ Sauce, there's no end to the combinations you can create. Each specialty sauce takes out artificial ingredients like high-fructose corn syrup and flavor

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enhancers like monosodium
glutamate (MSG) found in many
store-bought sauces, so you'll
always have a healthy
foundation for delicious
showstoppers like Slow-Smoked
Memphis-Style Ribs, Texas-Style

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Beef Brisket and even Asian

BBQ Smoked Pork Belly Bites.

With notes of smoke and secret
ingredients sure to leave

everyone satisfied, these sauces
are going to bring a new world of
flavor to your cookouts.

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The beauty bible for a new generation: in this invaluable natural guide, illustrated with black-and-white drawings and thirty-two pages of color photos, internationally acclaimed nutrition and natural beauty

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expert David Wolfe offers proven strategies designed to improve appearance, vitality, and health from the inside out. Each year, women absorb five pounds of toxins using common beauty products. Wolfe, one of

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America's foremost nutrition experts, argues that you shouldn't have to trade good health for exceptional beauty. There are safe, effective, and most importantly, natural ways to enjoy glowing skin and gorgeous

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hair. In The Beauty Diet, he offers these solutions for cleansing and nourishing the body, slowing the aging process, and transforming your health from the inside out so that your beauty radiates like never

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before. Grounded in science and based on a foundation of rejuvenation and the enjoyment of life, The Beauty Diet is a guide to unleashing the potential for beauty within you. Wolfe explains how the human body

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chemically reacts to various elements of nutrition, physical activity, and sleep—information you can use to look and feel better instantly. Natural, toxin-free beauty is not only the best way to achieve lasting beauty, it

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is the only way. Under Wolfe's guidance, learn the simple dietary and lifestyle changes like implementing organic superfoods and detoxifying through proper mineralization—balancing your acid and alkaline levels that have

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lasting results. Featuring simple, clean recipes for delicious meals and smart tips for using natural resources such as cryotherapy, activated charcoal, probiotics, and more, The Beauty Diet is the ultimate resource for the

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healthiest route to radiant
beauty.

Author and herbalist Brittany
Wood Nickerson understands
that food is our most powerful
medicine. In Recipes from the
Herbalist's Kitchen she reveals

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how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers

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fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body's needs for

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comfort, nourishment, energy,
and support through seasonal
changes. Foreword INDIES Gold
Award Winner IACP Cookbook
Awards Finalist

The debut cookbook by the
creator of the wildly popular blog

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Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so

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flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday

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cooking. From five-ingredient
Mini Deep Dish Pizzas to no-fuss
Sheet Pan Steak & Veggies and
20-minute Spaghetti Carbonara,
the recipes will help even the
most inexperienced cooks spend
less time in the kitchen and more

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time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that

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are truly 'damn delicious!'

Food Is the Solution

A Collection of Semen-Based
Recipes

Make Your Own Delicious,
Healthful, Homemade Elderberry
Teas

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More Than 100 Quick, Easy, and
Cooking
Delicious Recipes for Eating
Leafy Greens and Other Green
Vegetables at Every Meal, Every
Day
Incorporating Raw Living Foods
into Your Diet Using Easy and

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Delicious Recipes

Unlock the Five Secrets of
Ageless Beauty from the Inside
Out

The Blue Zones Kitchen

Life is Your Best Medicine

The New Artisan Bread in Five

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Minutes a Day

A Couple Cooks - Pretty Simple
Cooking

Simple, Easy and Delicious 5
Ingredients Ninja Foodi Recipes
for Fast and Healthy Meals
Deceptively Delicious

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Raw Basics

A Fresh Approach to the
Vegetarian Kitchen

Hundreds of Ways to Incorporate
Omega-3 Rich Foods into Your
Diet to Fight Arthritis, Cancer,
Heart

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Yes, they're good for you—but who knew greens could be so much fun?

If you're trying to eat more greens but find yourself in a salad rut,

Greens 24/7 is here to bring delicious, healthy veggies to every meal of the day, from breakfast to

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Cooking
dessert. Spinach in pancakes? Kale
in cornbread? You bet! The 100+
innovative recipes pack a seriously
healthy punch with more than 40
green veggies, featuring classics like
broccoli and zucchini, superfoods
like chard and Brussels sprouts, and

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Cooking
unconventional greens like spirulina
and kelp. Recipes include:

Chocolate Superfood Smoothie

Pesto Polenta Fries with Spicy Aioli

Zucchini Noodle Bolognese Samosa

Burritos with Peas Lemon and

Parsley Olive Oil Cake Chocolate

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Hazelnut Avocado Torte With
Greens 24/7, you can have your
cake—and your kale, too!

This is the book that started the Tofu
Revolution worldwide, beginning in
the 1970s. An integrated approach to
the subject of one food - history,

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nutrition, culture. recipes, how to
Cooking
make tofu on a home scale and
commercially, recipes, bibliography.
This is the first book that describes
and explains food development from
the point of view of the consumer
rather than from the top down

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approach.

The New Artisan Bread in Five
Minutes a Day is a fully revised and
updated edition of the bestselling,
ground-breaking, and revolutionary
approach to bread-making--a perfect
gift for foodies and bakers! With

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more than half a million copies of
Cooking their books in print, Jeff Hertzberg
and Zoë François have proven that
people want to bake their own
bread, so long as they can do it
easily and quickly. Based on fan
feedback, Jeff and Zoë have

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completely revamped their first, most popular, and now-classic book, *Artisan Bread in Five Minutes a Day*. Responding to their thousands of ardent fans, Jeff and Zoë returned to their test kitchens to whip up more delicious baking recipes.

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They've also included a gluten-free chapter, forty all-new gorgeous color photos, and one hundred informative black-and-white how-to photos. They've made the "Tips and Techniques" and "Ingredients" chapters bigger and better than ever

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before, and included readers' Frequently Asked Questions. This revised edition also includes more than thirty brand-new recipes for Beer-Cheese Bread, Crock-Pot Bread, Panini, Pretzel Buns, Apple-Stuffed French Toast, and many

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more. There's nothing like the smell of freshly baked bread to fill a kitchen with warmth, eager appetites, and endless praise. Now, using Jeff and Zoë's innovative technique, you can create bread that rivals those of the finest bakers in

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Cooking
the world in just five minutes of
active preparation time.

Photographer, designer, and
passionate home cook Heidi
Swanson presents 40 basic
vegetarian recipes for breakfast,
lunch, and dinner dishes, sides,

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desserts, and drinks, each accompanied by easy-to-read tables that show delicious, inventive ways to build on them.

When you're short on time, you'll love these big-on-flavor, crazy easy meals. Cooking can sometimes

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involve mile-long ingredient lists and require more time than one cares to spend in the kitchen after a busy day. With Fast and Easy Five Ingredient Recipes you'll find over 100 recipes that only require five ingredients (or less) and use simple

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ingredients in unique ways. Recipes
include:

Southern Style Chicken

Sliders Spinach Alfredo Lasagna

Pulled Pork Carnita Tacos

Homemade Pizza Pockets Peanut

Butter Sea Salt Cookies Whether for

weeknight meals or last minute

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dinner parties, these five-ingredient recipes will save you time and money—and they're delicious too!

[The Book of Tofu](#)

[Root-to-stalk Cooking](#)

[The 5-Ingredient Ninja Foodi](#)

[Cookbook](#)

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Enjoy Authentic Japanese Meals
Easy and Delicious Recipes Book
for Your Ninja Foodi Pressure Multi-
Cooker, Air Fryer and More
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[Food](#)

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The Secret Ingredient to Next-Level
Smoking