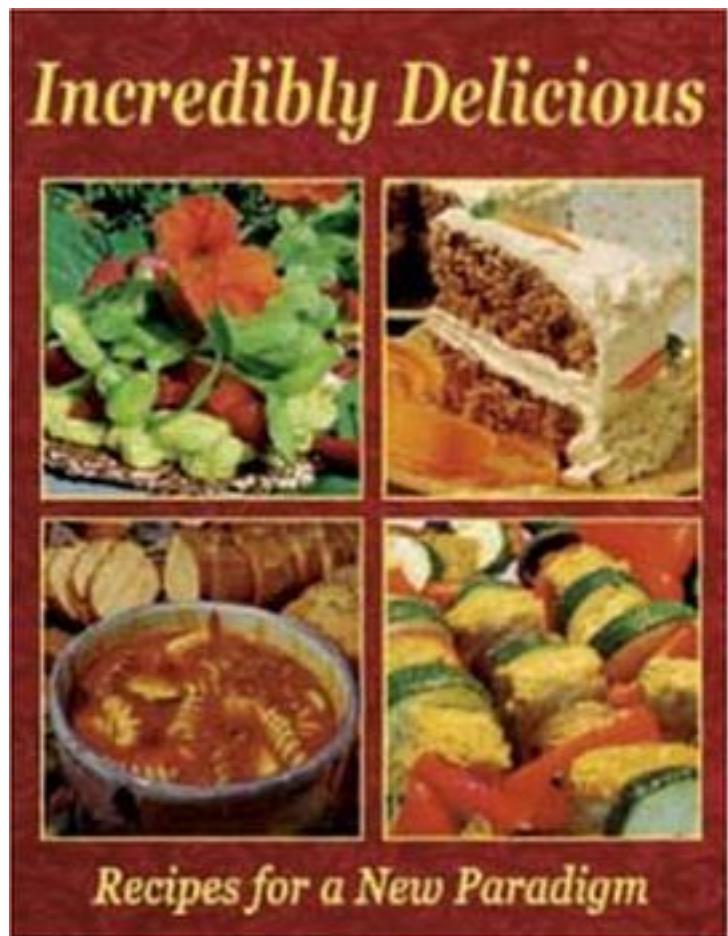


# Incredibly Delicious



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著者:Gentle World

出版者:Book Pub Co

出版时间:2003-7

装帧:Pap

isbn:9780929274256

Over 500 cholesterol-free recipes, from quick easy meals to gourmet banquets. Also includes an extensive chapter on raw foods, a resource section with healthy alternative products and ingredients, instructions for sprouting, growing wheatgrass, discovering

wild eibles, cultivating a vegan-organ garden and recipes for your pets.

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