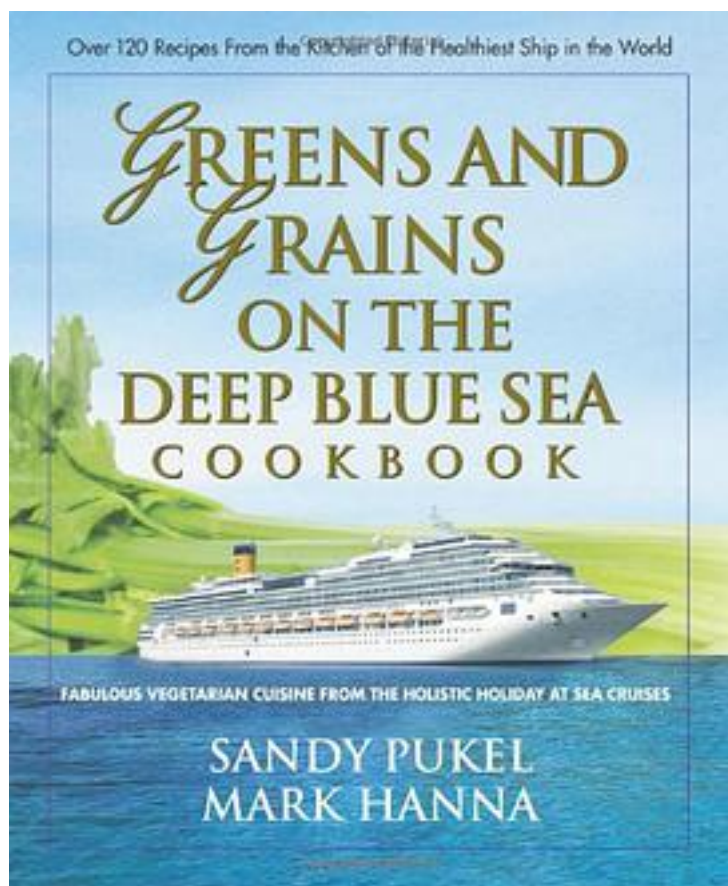


# Green and Grains on the Deep Blue Sea Cookbook



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著者:Pukel, Sandy/ Hanna, Mark

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You are invited to come aboard one of America's premier health cruises. Too busy to get away? Well, even if you can't swim in the ship's pool, you can still enjoy its gourmet cuisine, because natural foods expert Sandy Pukel and master chef Mark Hanna have now put together Greens and Grains on the Deep Blue Sea Cookbook--a titanic collection of healthful and delicious vegetarian recipes that are among the most

popular dishes served aboard the Taste of Health voyages offered through Costa Cruises. Each of the over 200 kitchen-tested recipes in this cookbook has been created to provide not only great taste and visual appeal, but also maximum nutrition. Choose from among an innovative and distinctive selection of taste-tempting appetizers, hearty soups, sensational salads, elegant entr?es, satisfying side dishes, and delectable desserts. Easy-to-follow instructions make this user-friendly cookbook an absolute delight.

作者介绍:

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