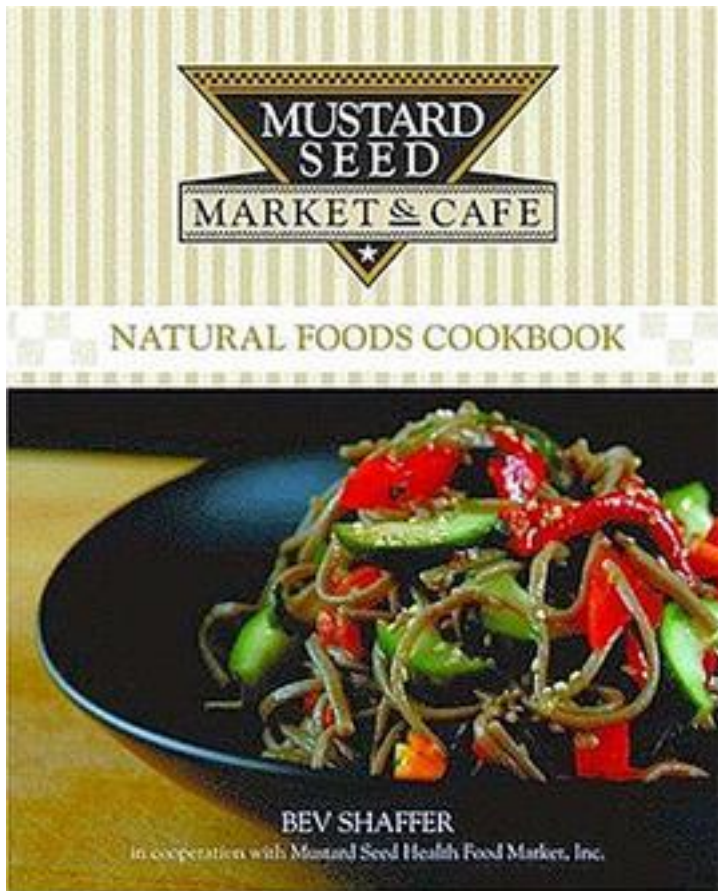


# Mustard Seed Market and Cafe Natural Foods Cookbook



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For more than 25 years, the Mustard Seed Market & Cafe in Ohio has providing its customers with delicious food based on a ethos of using only the finest fresh ingredients and sustainable forming practices.This superb volume presents readers

with a delectable collection of more than 250 mouth-watering recipes, covering everything from breakfasts and brunches to soups and salad, and from delicious fish and meat dishes to delightful vegetarian and organic meals. Packed with full-colour photographs, this is the perfect kitchen companion for anyone who shares the Mustard Seed Cafe's love of natural food and healthy lifestyles.

作者介绍:

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