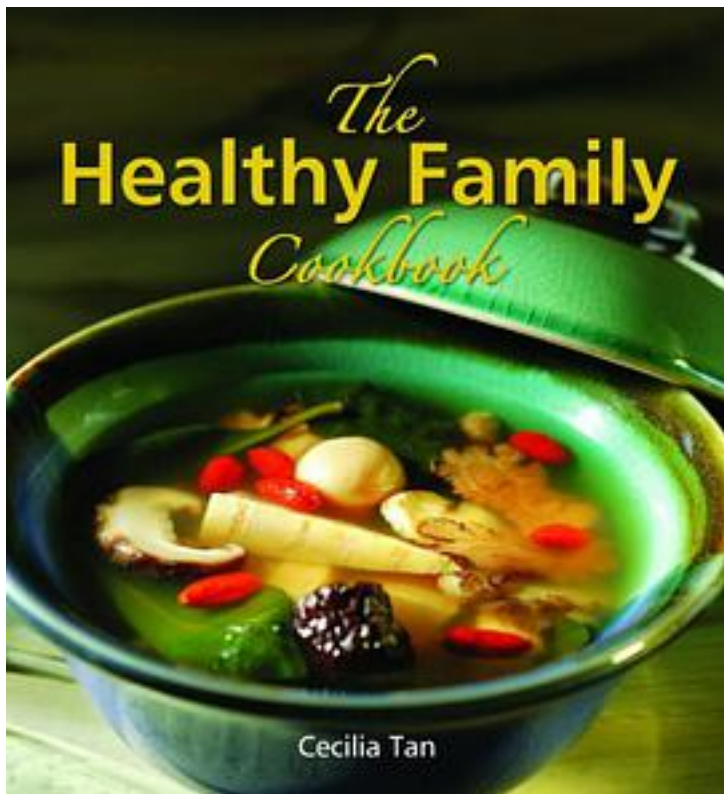


The Healthy Family Cookbook



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The Healthy Family Cookbook is a compilation of wholesome, nutritious recipes that are as delicious as they are healthy. Invoking the use of Chinese herbs for their nutritive value and flavour, these recipes were developed with the need to cater to everyone in the family, be it a growing baby, adolescent children, an expectant mother or an elderly person. This highly popular cookbook has also been updated in line with modern medical and nutritional information about sensible eating, with suggestions for less salt and other low-fat alternatives. It is never too late to start reaping the

benefits of healthy eating together with your family!

作者介绍:

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