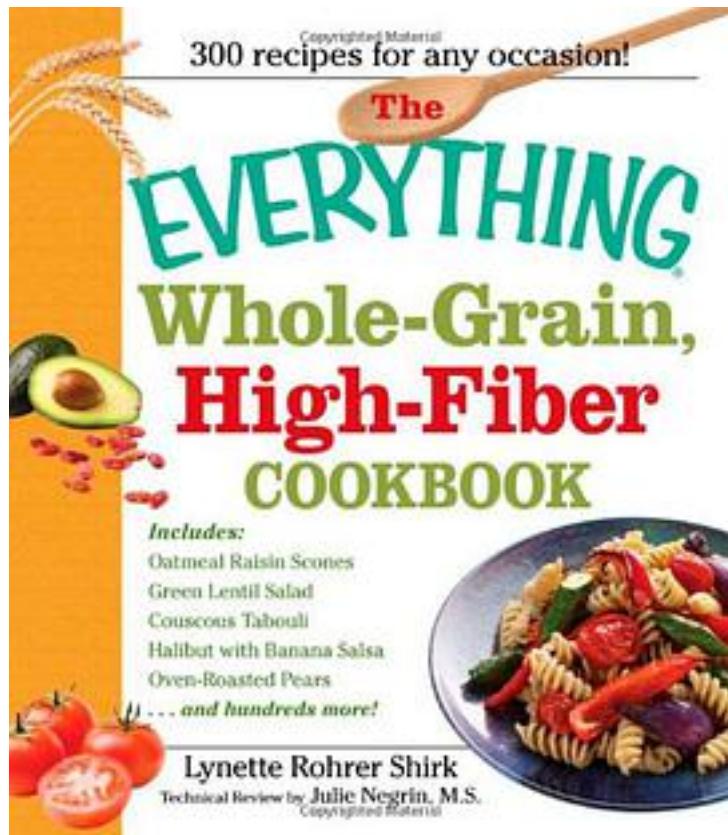


The "Everything" Whole-Grain, High-Fiber Cookbook



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Start reaping the benefits of a whole-grain, high-fiber diet! The Everything Whole-Grain, High-Fiber Cookbook is your ultimate one-stop resource for making sure you and your family gets all the yummy whole grains and healthy high fiber you need! You'll enjoy eating healthy like never before with inventive, tasty dishes like: Banana-Nut Stuffed

French Toast Shallot Walnut Herb Bread Lasagna Florentine Walnut Tarragon Chicken Salad on Raisin Foccacia Cranberry Relish Cashew Egg Salad Sandwich Pumpkin Soup
Featuring 300 fabulous recipes, this is the only cookbook you need to incorporate high-flavor, high-fiber foods into every meal and snack. Easy-to-read dietary information for each recipe will help you make sure you meet all your nutritional needs. This indispensable cookbook is full of simple tips to add fiber to your life. Eating whole grains is a key step toward a healthier, happier you!

作者介绍:

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