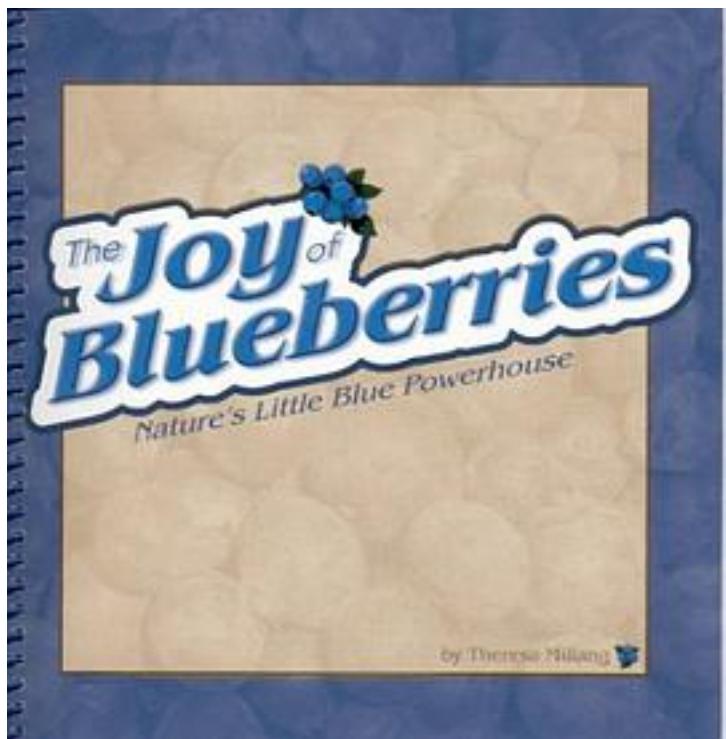


The Joy of Blueberries Cookbook



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出版者:

出版时间:

装帧:

isbn:9781591930129

There's more to blueberries than muffins In "Joy of Blueberries, Theresa Millang presents a wide array of blueberry recipes from bars to soups to ice cream. Also included are tips for growing, choosing and storing blueberries. More than 200 recipes ranging from cakes and cookies to soups and beverages.- blueberries are said to help fight cancer, heart disease and age related disorders- the antioxidant power of blueberries shows great capability in warding off--even reversing--inward and outward effects or aging

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