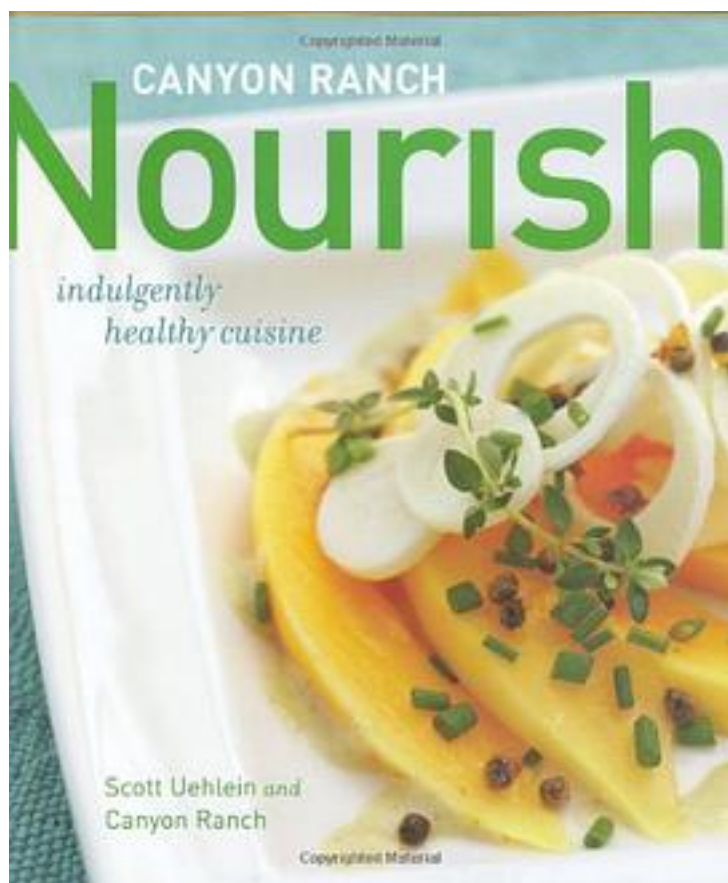


Canyon Ranch



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著者:Uehlein, Scott

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Delicious and nutritious recipes from the leading authority on healthy, luxurious living

For nearly three decades, Canyon Ranch has been the world's premier health and wellness destination, celebrated for its integrative treatments, incredible facilities, and signature gourmet food. The cuisine at Canyon Ranch is so satisfying and inventive

that guests hardly know they are dining healthy. Through the years, Scott Uehlein and the staff of Canyon Ranch nutrition experts have sought out the most natural, wholesome ingredients and used them to create delicious, nutritious dishes that please the senses and the soul.

The culinary philosophy at Canyon Ranch is that the most nourishing food—and best tasting—is fresh and seasonal. Featuring more than two hundred recipes from breakfasts such as Thai French Toast with Orange Ginger Syrup and delicious sides such as Butternut Squash Tart to entrées such as Cod with Cauliflower Tomato Broth or Zahtar-Crusted Lamb and indulgent desserts such as the Alsatian Plum Cake, Canyon Ranch: Nourish includes mouthwatering dishes that will entice the most sophisticated palate. In addition, each recipe includes complete nutritional information as well as simple step-by-step techniques to empower the novice cook. With all the authority and experience as the recognized leader in wellness, Canyon Ranch: Nourish makes healthy eating easy and irresistible.

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