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EASY DELICIOUS KALE RECIPES



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.About the Book This book is for people wanting to infuse an ingredient with numerous health benefits into their diet. Get a better understanding about diets using kale as main ingredient in the introduction. This book combines a collection of recipes for every meal of the day. Start off with healthy and delicious breakfast recipes...

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- Authored by Tammy Lambert
- Released at 2013



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