

The Schwarzbein Principle Cookbook - , Nancy Deville

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Dr. Schwarzbein teams up with acclaimed professional chef Evelyn Jacob to whip up 300 delicious, healing recipes that prove that eating the Schwarzbein way doesn't have to be difficult, boring or fat-free! With easy-to-follow directions, tips and comprehensive nutritional breakdowns, the book offers healthy entrees and accompaniments for any meal, with delicacies like: breakfast burritos, mushroom-gorgonzola omelettes with walnuts, chicken sate with peanut sauce, crustless quiche, hot artichoke cheese dip, pecan-baked brie, lobster bisque, Asian shrimp, mint pesto chicken, beef stroganoff, Thai basil beef, barbecued spareribs and kielbasa with sauerkraut. Author: Schwarzbein, M.D., Diana Author: Deville, Nancy Author: Jacob Jaffe, Evelyn Publisher: HCl0001 Illustration: N Language: ENG Title: The Schwarzbein Principle Cookbook Pages: 00380 (Encrypted EPUB) On Sale: 2010-01-01 SKU-13/ISBN: 9781558746817 Category: Cooking : Health & Healing - General

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