

Garlic...the Root Of It All - Judy Meghnagi

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After cooking for my own family and friends, I have decided to share my favorite garlic recipes. Maybe your family loves eating garlic as much as my husband and three children do. This healthy cookbook with all natural ingredients will benefit your life. Your family may be fighting to eat the last garlic that's left in the pan, too. It's that good and eating garlic has many health benefits for everyone. Garlic stimulates the immune system and helps fight cancer. It has been shown to lower cholesterol, fight infections, and lower blood pressure. All of this and it's delicious too. I hope you and your loved ones will enjoy these recipes as much as my family and friends have for years. You can use more or less garlic in any of my recipes. Bon Appetit! Author: Meghnagi, Judy Publisher: iUniverse.com Illustration: N Language: ENG Title: Garlic...the Root of it All Pages: 00000 (Encrypted PDF) On Sale: 2009-08-10 SKU-13/ISBN: 9781440123153 Category: Cooking : General Category: Cooking : Regional & Ethnic - American - General

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