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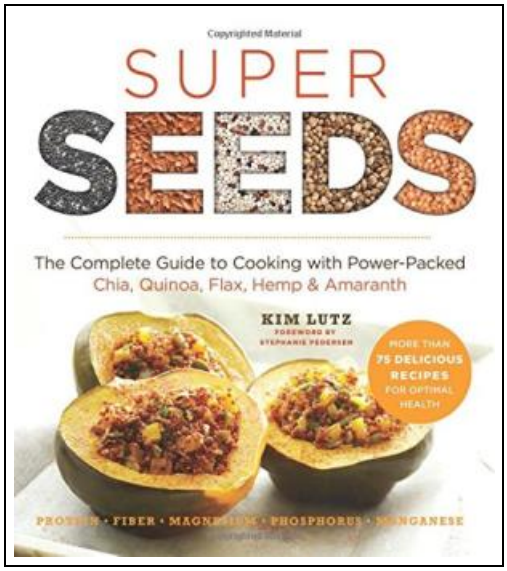

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Sterling Publishing Co Inc, United States, 2015. Paperback. Book Condition: New. 203 x 178 mm. Language: English . Brand New Book. Five super seeds covered in one super volume! Chia, hemp, flax, quinoa, and amaranth are tiny powerhouses that deliver whopping amounts of protein, essential fatty acids, and great taste in every serving. Perfect for vegan, vegetarian, and gluten-free diets, they each get to take a star turn in these 75 mouthwatering recipes. Convenient and versatile, the seeds work wonderfully in everything from muffins and breads to salads, soups, and desserts. Super Seeds is a must-have for anyone interested in eating healthily . . . and deliciously.

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