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BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD (PAPERBACK)



Harbour Publishing, Canada, 2012. Paperback. Condition: New. Language: English. Brand New Book. Kale--one of the most nutrient-dense greens in existence--has been growing for thousands of years without any fuss. Yet, despite the fact that kale is lauded as a miracle food, and most people know that they should be eating it, many don't know how to make it taste good. Here, kale-evangelist Sharon Hanna provides more than eighty simple but superb recipes for breakfast, lunch, dinner and snacks....

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- Authored by Sharon Hanna
- Released at 2012



Filesize: 1.6 MB

Reviews

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