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VEGETARIAN MEDITERRANEAN COOKBOOK: OVER 50 RECIPES FOR APPETIZERS, SALADS, DIPS, AND MAIN DISHES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Mediterranean diet is grounded in meals that include olive oil, fruit, veggies, grains, and legumes; creating not only a wide variety of delicious dishes, but one of the healthiest as well. Following a Mediterranean diet has been found to lower the risk of cardiovascular disease, cancer, diabetes, and has been shown to be a...

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- Authored by Susan Evans
- Released at 2015



Reviews

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