



The Health Nut's Ultimate Recipe Collection: Four Books in One, 200 Recipes for Some of the Healthiest Ingredients on Earth (The Health Nut Recipe Collection) (Volume 5)

Andrea Silver

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Get the most for your dollar with this collection of four superfood cookbooks! Contained within are cookbooks with unique recipes for: Middle-Eastern black seed, garlic, avocado, and finally dark chocolate. These “superfoods” are filled with health properties that are still being fully understood. With over 200 recipes to choose from, you’ll be able to experiment for years with different flavors as you absorb the countless vitamins and nutrients. The health effects of implementing these types of foods into your diet are immense. Everything from the prevention of cancer, to longevity, clearer skin, and a better immune system. This cookbook collection is available on Kindle, paperback, or directly to your web browser.

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