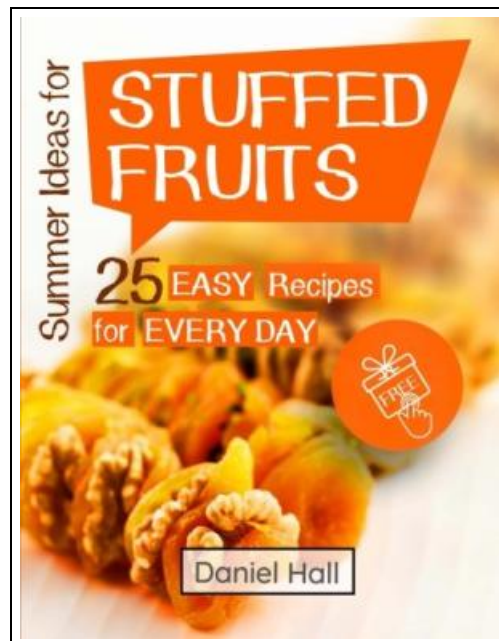


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Vegetables and fruits take a very important part of a healthy diet. Some of them provide unique health benefits. It s not a secret that fruits and vegetables are low in fat, salt, and sugar.Stuffed fruit recipes can make your diet not only healthy but also delicious! The main benefits of a diet rich in vegetables and fruits - It reduces obesity and maintain a healthy weight - It lowers your cholesterol and blood pressure - It reduces risk of heart disease and stroke - It prevents some types of cancer - It lowers risk of eye and digestive problems Stuffed fruits and vegetables have a positive effect on blood sugar which can help keep appetite in check.Stuffing recipe with fruit and nuts represents a delicious way of a heart-healthy eating.Nuts contain unsaturated fatty acids and other nutrients. In this book, you can find stuffed fruit recipes for breakfast, lunch, dinner, and dessert. Stuffing with fruit and nuts is a good idea for cooking not only for the holidays.Stuffing with seasonal fruit will be a delicious addition to your ordinary recipes. As mentioned previously it can be eaten in any time of the day. Try to eat a variety of fruit and vegetable meals from the list above to boost your health. You can find a recipe inspiration in this great cookbook. It includes the best stuffing recipes with fruit and nut.



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