



Kale Recipes on the Go: 50 Light and Healthy Recipes Soups, Salads, Lunch, Dinner and Smoothies

By Lisa Merrita

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 274 x 208 mm.

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*****.Are you a fan of vegetables? If yes, then this recipe book is for you! It has some of the best and easiest recipes of the healthiest vegetable present: kale. Like majority other green vegetables kale is rich in proteins and vitamins, and most importantly it s easily available. So, for your health benefits we bring you 50 kale recipes. This book has: 1.Soups and salads 2.Lunch recipes 3.Dinner recipes 4.Smoothies So, if you are looking forward to a healthy yet delicious lifestyle don t miss out on these kale recipes!.

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