



The Comprehensive Collection of Lamb Recipes.: Cookbook: 25 Protein-Rich Recipes with Lamb. (Paperback)

By David Hill

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is a good way to bring unique ones with recipes to your tables and kitchens to get delicious meals every day. Lamb is one of a type of red meat, which is an incredible source of minerals, protein, and significant minutes. Being taken from young sheep, lamb is also a rich source of omega-3 fats. Lamb is very popular meat that has remained in the limelight due to its health benefits. It included in hundreds of healthy diets across the world including Mediterranean diet. Loaded with essential nutrients, lamb recipes are also quite helpful in protecting yours from many health disorders and illnesses. Lamb contains many essential nutrients including - Vitamin B-12 -Selenium -Iron -Phosphorous -Niacin -Zinc.



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