



The Functional Foodie: 50 Powerhouse Ingredients Go Gourmet (Paperback)

By Ayn Nix, Andi Phillips

Basic Health Publications, United States, 2011. Paperback.
Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. This book puts an end to the established thought that eating healthfully means bravely stomaching wheatgrass smoothies and suffering through bland plates of cardboard-like offering. The recipes in this book feature 50 of the hottest functional foods, all back by extensive research for their health benefits. From dips to main meals to desserts. The Functional Foodie make it possible to eat well in every sense of the word!.



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