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HEART-HEALTHY SNACKS



Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Heart-healthy Snacks, Jehanne Ali, From Blueberry Muffins and Cinnamon Apple Toast to Buttermilk Chicken Wings and Strawberry Chocolate Pops, this delightful collection features snacks that are not only yummy, but can also boost cardiovascular health, keeping the heart strong and healthy. These creations are from Dr Jehanne Ali, a medical doctor who loves preparing nutritious and tempting goodies for her family. With easy recipes and dietary advice, she...

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- Authored by Jehanne Ali
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