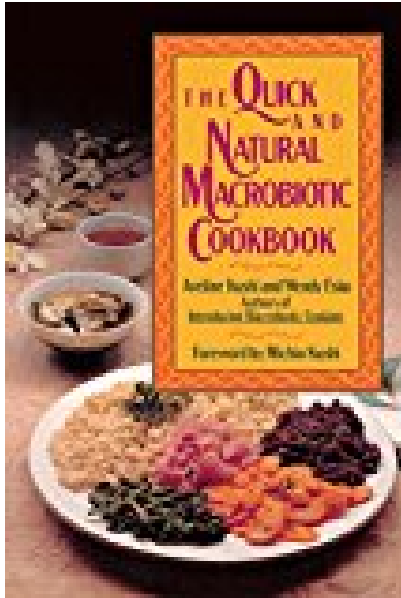


The Quick and Natural Macrobiotic Cookbook



BOOK DETAILS

- Author : Aveline Kushi
- Pages : 306 Pages
- Publisher : Contemporary Books
- Language : English
- ISBN : 0809244365

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BOOK SYNOPSIS

Offers more than one hundred recipes for sugar-free low-fat-sodium dishes that emphasize the macrobiotic way of eating and provide balanced nutrition and maximum convenience

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