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Clean Eating Cookbook 2 - 50 Clean Eating Recipes for Wellness, Weight Loss, Busy Families on the Go!

By Karla Sutherland

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Transform your life by eating clean foods! The Clean Eating Cookbook Series is for everyone who seeks health and wellness through a proper a diet. This health conscious recipe book delivers a variety of 50 healthy, easy to prepare, and delicious, recipes that promote clean eating for vitality and optimum health! There is a little something that everyone can enjoy! Take a Look! Tofu in Mint Paste (serves 3) Corn and peas sandwich (serves 3) Sweet corn sandwich (serves 2) Spicy sweet potato sandwich (serves 3) Chickpea kebab sandwiches (serves 2) Yummy potato sandwich (serves 3) Healthy soya sandwiches (serves 2) Mushroom and spinach sandwich Aubergine sandwich Peanut butter and banana sandwich (serves 2) Schezwan chili potato sandwich (serves 2) Tomato Pancake sandwich (serves 2) Smoked egg-plant sandwich (serves 3) Tofu tikka sandwich (serves 2) Grilled macaroni and spinach sandwich (serves 3) Pineapple and mushroom Sandwich (serves 3) Bean Burger (serves 3) Caramelized Onion and mushroom sandwich (serves 2) Grilled Chocolate sandwich (serves 2) Vegetable schezwan noodle sandwich Spicy Avocado Sandwich (serves 2) Bell peppers in balsamic vinegar...



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