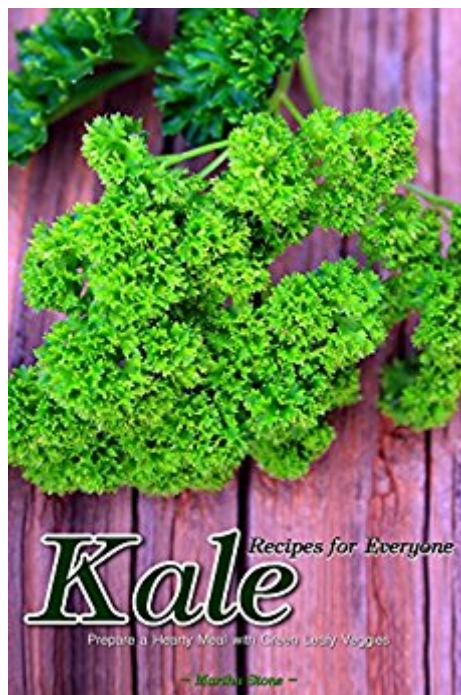




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Kale Recipes For Everyone: Prepare A Hearty Meal With Green Leafy Veggies



Synopsis

If you never heard of kale before, you must have been living on a different planet. Seriously, kale has been promoted in recipes book, by health care providers, dietitians, and more. Kale is considered a super food, just as chia seeds, quinoa, and flaxseeds, except it falls into the vegetables category. So, join us on this journey and discover the versatility of kale inside the recipe we have compiled for you. Inside, we have provided information on the many health benefits found by consuming kale on a regular basis. The health benefits are extensive and explained in detail. Are you excited yet? We certainly are! Start exploring all the possibilities of this green leafy veggie.==> Buy this book today and get a big bonus cookbook collection inside!!!

Book Information

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Customer Reviews

Kale is mostly green leaves but can also be found in with purple coloring. Kale has very curly leaves but in terms of taste it compares to cauliflower. In this book there are a set of good taste kale recipes. I tried some that are awesome really. I love to try all these recipes. recommended...!

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