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: **The Complete Mediterranean Cookbook: 500 Vibrant, Kitchen-Tested Recipes for Living and Eating Well Every Day**

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Description :

PDF-b95d6 | 500 recipes are now at your fingertips in a single comprehensive cookbook inspired by the renowned flavors and heart healthy diet of the Mediterranean! Using the guidelines of the Mediterranean Diet Pyramid to create a variety of tapas, soups, salads, grains, pasta, flat breads, beans, vegetables, seafood, poultry, meat, eggs, fruits, and sweets. This impressive go-to kitchen resource also... *The Complete Mediterranean Cookbook: 500 Vibrant, Kitchen-Tested Recipes for Living and Eating Well Every Day*

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