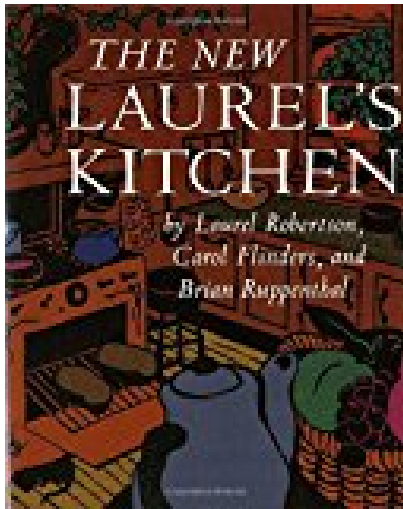


# The New Laurels Kitchen

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## BOOK DETAILS

- Author : Laurel Robertson
- Pages : 512 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 089815166X

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## BOOK SYNOPSIS

The complete cookbook and reference center for the whole-foods kitchen - over a million copies sold! The New Laurels Kitchen is everything that made the first edition loved and trusted, with hundreds of new recipes and the latest nutritional information. • Over 500 recipes, ideas, menus, and suggestions, each tested and perfected for satisfying, wholesome home cooking • Imaginative use of low-cost, easy-to-find foods • Dozens of ways to cut back on fat without losing flavor • Revolutionary food guide that makes good nutrition easy • Sections on cooking for children, elders, pregnant moms, athletes • Practical applications of the latest in nutrition science

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