



Angel Foods: Healthy Recipes for Heavenly Bodies

Cherie Soria

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From appetizers to desserts, from sprouting to creating homemade nut and seed cheeses, this heavenly recipe book is a cornucopia of exciting and adventuresome foods. It includes a wide variety of cooked and uncooked low-fat recipes with an international flavor, tempting bits of food for thought, and even a how-to section on kitchen gardening. Filled with illustrations of angels.

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