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High Fibre Cookbook: An Inspiring Collection of Delicious and Healthy Recipes for All Occasions

By Valerie Ferguson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, High Fibre Cookbook: An Inspiring Collection of Delicious and Healthy Recipes for All Occasions, Valerie Ferguson, This is an inspiring collection of delicious and healthy recipes for all occasions. Over 30 sensational recipes provide the first step to a healthier lifestyle. Here's how to enjoy a high fibre diet, from Minestrone, Seven-Vegetable Couscous and Chicken & Bean Risotto to Sprouted Seed Salad, Baked Stuffed Apples and Fruity Muesli Bars. You can enjoy the many health benefits of a high fibre diet with recipes that all contain over 4g of fibre per portion. It includes a helpful fibre food chart and simple ways of increasing fibre in your diet. Step-by-step photographs ensure success every time. Dietary fibre plays an essential part in a balanced diet. It is important for maintaining a healthy digestive system and in the prevention of heart disease and certain cancers. It is easy to increase the fibre content of your meals by replacing refined ingredients with unrefined ones, or by adding extra beans, fruits or vegetables to dishes. All the tempting and nutritious recipes in this book contain a minimum of 4g of fibre per serving, providing a varied...



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