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Heart-healthy Snacks

By Jehanne Ali

Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Heart-healthy Snacks, Jehanne Ali, From Blueberry Muffins and Cinnamon Apple Toast to Buttermilk Chicken Wings and Strawberry Chocolate Pops, this delightful collection features snacks that are not only yummy, but can also boost cardiovascular health, keeping the heart strong and healthy. These creations are from Dr Jehanne Ali, a medical doctor who loves preparing nutritious and tempting goodies for her family. With easy recipes and dietary advice, she shows how you can enjoy your food and maintain your health at the same time. Packed with nutrients and easy to prepare, these treats are suitable for entertaining guests or enjoying with your family any time of the day.

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