

Spinach Recipes (Paperback)



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(Alex Jenkins)

SPINACH RECIPES (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.51 Spinach Recipes in This Cookbook Popeye was definitely on to something. Spinach is a super food loaded with tons of nutrients in a low calorie package. Dark leafy greens like spinach are important for skin and hair, bone health, and provide protein, iron, vitamins and minerals. Spinach is low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese. Spinach may be an anti-inflammatory. Research suggests eating vitamin K-rich veggies like spinach, dramatically reduces inflammatory markers in the blood. Eating enough spinach shouldn't be hard and so here is a cookbook full of delicious spinach recipes to help you get a heaping helping of spinach every day! Recipes Include: Avocado Spinach Dip Creamy Spinach Dip Creamy Cheesy Spinach Dip Hot Artichoke and Spinach Dip Spicy South of the Border Spinach Cheese Dip Spinach Cheese Ball Alaskan Spicy Spinach Dip Spinach Con Queso Creamy Spinach Soup Garlic, Spinach, and Chickpea Soup Jamaican Spinach Soup Curried Spinach Soup Spinach and Yogurt Soup Chicken, Spinach, and Potato Soup Spinach Tortellini Soup Spinach and White Bean Soup Spinach and Blue Cheese Soup Strawberry Spinach Salad Cranberry Spinach Salad Spinach and Orzo Salad Spinach Salad with Warm Bacon-Mustard Dressing Blueberry Spinach Salad Spinach Quiche Spinach Pie Italian Spinach Sausage Pie Spinach Pinwheels Spinach Pancakes Creamed Spinach Spinach Casserole Spinach Souffle Spinach Enchiladas Spinach Mashed Potatoes Spinach Cheese Manicotti Wilted Spinach And Cherry Tomatoes Sesame Steamed Spinach Sauteed Spinach With Golden Raisins Chicken And Spinach Casserole Spinach Tomato Tortellini Spinach Stuffed Chicken Breasts Spinach Lasagna Alfredo Spinach Calzones Spinach...

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