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THE GOOD CARBS COOKBOOK: 100 VIBRANT, SMART ENERGY RECIPES FOR EVERY DAY



Murdoch Books, 2018. Hardcover. Condition: New. This book is about bringing us back to the joy of cooking traditional carbohydrate staples and all the benefits that brings - including a healthy, balanced diet of slow-energy release, low GI foods. This doesn't mean rushing to the nearest wholefood store and stocking up on expensive products like baobab, chia seeds and protein powders. It means shopping for essentials like grains, dairy, eggs, meat, fish, chicken and fresh fruit, vegetables, herbs and the...

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- Authored by Kate McGhie; Alan Barclay; Philippa Sandall
- Released at 2018



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