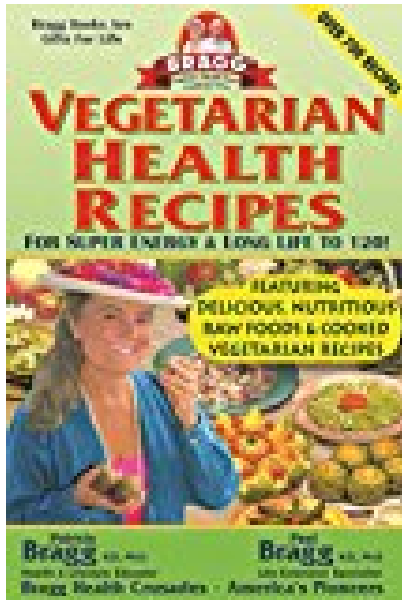


Vegetarian Health Recipes For Super Energy & Long Life to 120!



BOOK DETAILS

- Author : Patricia Bragg
- Pages : 356 Pages
- Publisher : Bragg Health Sciences
- Language : English
- ISBN : 0877900272

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BOOK SYNOPSIS

Our book features over 300 pages, and 700 recipes, including both raw food and cooked vegetarian recipes for salads, dressings, soups, entrees, sauces, desserts. The new Vegetarian Health Recipes book has inspirational thoughts from Patricia, and her legendary father, Paul Bragg. Recipes are cholesterol-free, and low in saturated fat. First introduced to over 700 physicians, nutritionists, and health scientists from 42 countries at the 5th International Congress on Vegetarian Nutrition - Loma Linda University in Southern California.

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