

Tempting homemade porridge meal Daquan (full color)(Chinese Edition)



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TEMPTING HOMEMADE PORRIDGE MEAL DAQUAN (FULL COLOR)(CHINESE EDITION)



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paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2013-01-01 Pages: 159 Publisher: Publishing House of Electronics Industry Title: Daquan (full color) List Price: 35.80 yuan of tempting homemade porridge meal: Gao Jie editor Publisher: Electronic Industry Press Date :2013-1-1 ISBN: 9787121180552 Number of words: 200000 Page: 159 Edition: 1 Binding: Paperback: 16 Weight: Editor's Summary This book presents a porridge-board production methods and steps. porridge meal nutrition knowledge and efficacy characteristics. to help readers recognize whole grains to understand the science of herbal medicines and congee; introduces the reader to the comprehensive knowledge porridge meal. Allow readers to eat healthy. get that beautiful. get that longevity! Also. according to the different populations of pregnant mothers. children. the elderly. men. women. spring fresh light. summer food Ganliang. autumn food fluid. winter food warm seasons of the weather characteristics. as well as diabetes. high blood pressure. high patients with diseases such as hyperlipidemia. porridge meals to meet its own physical characteristics were developed. The Contents Introduction attractive porridge meal home made the porridge meal the efficacy porridge pay attention porridge light porridge meal porridge meal gruel of know-how from generation to generation of the classic black rice glutinous rice porridge polenta cornmeal porridge corn residue porridge rich Salted porridge meal the mushroom porridge eggplant of seaweed porridge celery congee porridge fish porridge sweet and pleasant porridge meal purple rice fungus porridge sweet potato porridge porridge peanut porridge rice pudding milk oatmeal to be a water Wet beauty - beauty and fragrant porridge eliminate acne corn the skin whitening Chrysanthemum porridge Sydney porridge. mung bean porridge yuba ginkgo porridge water chestnuts. mung bean porridge barley porridge barley porridge Tremella Tremella cherry porridge barley milk porridge Apple cereal shiny eyes...



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