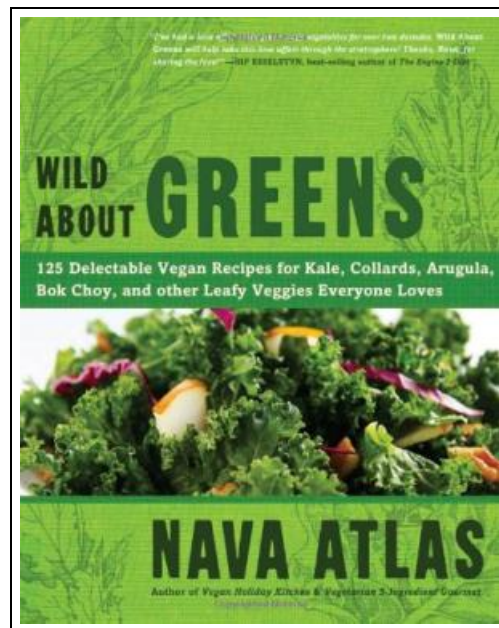


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WILD ABOUT GREENS: 125 DELECTABLE VEGAN RECIPES FOR KALE, COLLARDS, ARUGULA, BOK CHOY, AND OTHER LEAFY VEGGIES EVERYONE LOVES



Sterling Publishing Co Inc. Hardback. Book Condition: new. BRAND NEW, Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and Other Leafy Veggies Everyone Loves, Nava Atlas, Celebrated vegan and vegetarian cookbook author Nava Atlas serves up a comprehensive collection of scrumptious recipes, all featuring ultra-healthy, super-nutritious leafy greens. Kale, collards, spinach, Asian greens and many more leafy greens are a breeze to grow and prepare and these 125 recipes showcase the most commonly used varieties in a wide selection of flavourful dishes. Nava's up-to-the-minute ideas range from using sturdy collard greens as wrappers for savoury fillings to making luscious dips from rocket and watercress. There's even a section on green juices and smoothies that make it easier than ever to incorporate nutritious foods into delicious everyday fare that everyone can enjoy.



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