



Healthy Green Bean Recipes: Green Bean Recipes That Taste Amazing and Are Healthy to Eat (Paperback)

By Sarah Sophia

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Green Bean Recipes The Essential Kitchen Series, Book 118 Healthy Green Bean Recipes That Taste Amazing and are Healthy to Eat Green beans are packed with nutrients and are one of nature's most heart healthy foods. They're delicious and will add flavor to any meal. Take a look at some of the amazing recipes that are included with this health-conscious guide: Stir Fried Green Beans with Ginger and Onions Recipe Mexican Green Bean Salad Green Beans with Salsa Seared Sugar Snap Peas So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body performs tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book! Heart-Healthy and Packed with Delicious Flavor Welcome the Healthy Green Bean Recipes cookbook into your kitchen and break free from the mainstream, strengthen your heart, and cleanse your system by pledging to...



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