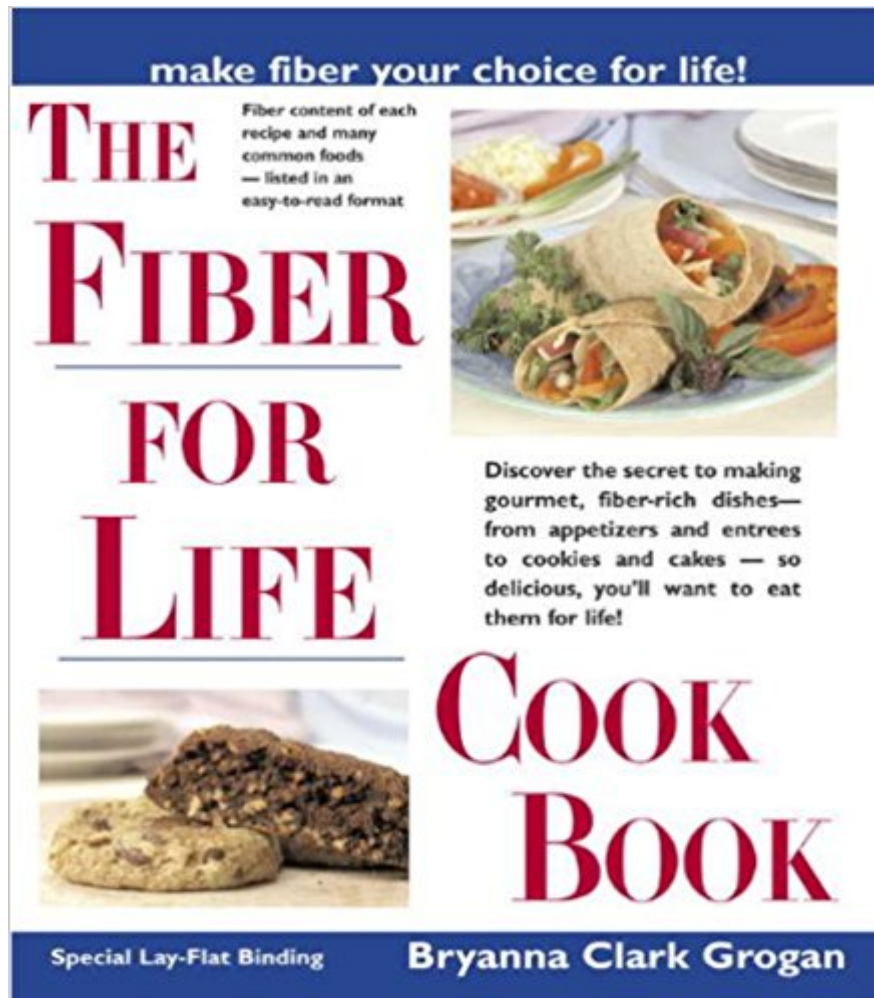




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# The Fiber For Life Cookbook: Delicious Recipes For Good Health



## Synopsis

Fibre can aid your digestive system and help protect against heart disease and cancer. In this cookbook, vegan author Bryanna Clark Grogan demonstrates how to use high-fibre foods to make recipes that are designed to be as tasty as they are good for you. All the recipes are vegan.

## Book Information

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## Customer Reviews

Fiber can aid digestion and help protect against heart disease and cancer. These recipes show how to use high-fiber foods to make delicious, flavorful meals that are as tasty as they are healthful.

Bryanna Clark Grogan has been a food writer and teacher for more than 30 years. Her interest in cooking began before she can remember and having her first child sparked a lifelong interest in nutrition. She is also the author of Authentic Chinese Cooking, Soyfoods Cooking for A Positive Menopause, Nonna's Italian Kitchen, 20 Minutes to Dinner, The Almost No Fat Cookbook, and The Almost No Fat Holiday Cookbook. She lives with her husband Brian on idyllic Denman Island, off the coast of Vancouver.

I now have all Bryanna's books and would give 5 stars to all of them. Her recipes are reminiscent of traditional childhood dishes. Good recipes compensate for a lack of images. She's made vegan cooking a joy and a hobby. Everything I've tried so far has turned out so delicious. Some recipes appeal more than others but none are bad. Most of them can be easily modified to meet low

fat/sugar requirements and she narrates it so well with an endless supply of hints and tricks. With her books my cooking is always a joy and a special event to look forward to. Her books have ignited a passion for vegan cooking. I found ebook versions very cumbersome so had to purchase hard copies.

Informative, would purchase again.

Delivered as promised! Great price! Although not the sellers problem, the book is a little outdated!

I liked this book so much, I bought a few copies as gifts. Great recipes. I've tried a bunch of them and so far they have all been really good - also as an added bonus, they are very healthy.

TOO MANY CARBS

It's an ok book, I'm just a picky eater

This is a great cookbook. Recipes are easy to read, easy to follow and most are delicious to eat!! If you are just starting to add Fiber to your diet I highly recommend this book as a start!

great read!

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High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) The Fiber for Life Cookbook: Delicious Recipes for Good Health CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake

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