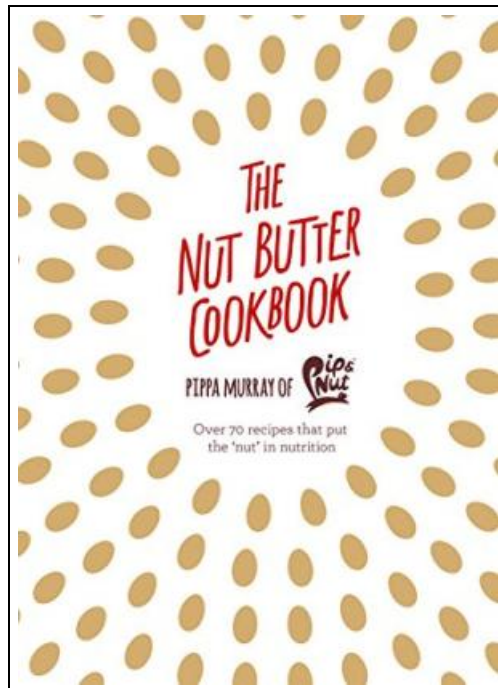


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(Clint Labadie)

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Quadrille Publishing Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Nut butter is the new superfood. You re now as likely to see almond butter as peanut butter on grocery store shelves everywhere. It s a fabulous, high-protein option for those looking to avoid both dairy and palm oil, as well as tasting fantastic. This cookbook will not only show you how to make your own nut butters, but also how to use them in breakfasts, snacks, savory dishes, desserts, and smoothies. With recipes including Salad with Almond Nut Dressing, Peanut Butter and Cacao Protein Balls, and Honey Cinnamon Cashew Butter Cheesecake, this is the ultimate cookbook for people looking to give a healthy, protein-fuelled boost to their diet.



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