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# SEAMUS MULLEN'S HERO FOOD: HOW COOKING WITH DELICIOUS THINGS CAN MAKE US FEEL BETTER (HARDBACK)



Andrews McMeel Publishing, United States, 2012. Hardback. Book Condition: New. 276 x 216 mm. Language: English . Brand New Book. Celebrity chef Seamus Mullen offers 130 healthy and tasty recipes that utilize 18 key ingredients, or a hero foods, to improve your well-being. After being diagnosed with rheumatoid arthritis, Manhattan restaurateur Mullen modified his diet to improve his well-being. His debut cookbook, which pairs traditional Spanish cuisine with rustic farm-to-table fare, highlights 18 ingredients (Hero Foods) that...

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- Authored by Seamus Mullen
- Released at 2012



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## Reviews

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