



Mouthwatering Microgreen Meals: Light, Healthy, and Easy to Follow Recipes for Losing Weight and Feeling Great (Paperback)

By Todd Schnieders

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Daily Serving Of Microgreens Can Extend Your Life Microgreens are believed to have 4-6 times more nutrients than older leaves of the same plant. This doesn't mean that you need to give up big, leafy greens. Microgreens can become an added ingredient in your recipe. This book will teach you how to incorporate microgreens into your meal planning. This recipe book includes dressing recipes that will enhance the flavor of the salad that you are preparing. In addition, you will find recipes for main meals and snacks. Everything you need to know is included. There is a list of ingredients and directions.



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Reviews

Complete guide for publication fanatics. It is full of knowledge and wisdom You will not really feel monotony at at any time of your respective time (that's what catalogues are for about should you question me).

-- **Arely Dare**

This book is very gripping and fascinating. Of course, it can be perform, nevertheless an amazing and interesting literature. I am just pleased to explain how this is basically the finest publication i have go through within my very own lifestyle and might be he best pdf for possibly.

-- **Prof. Beulah Stark**