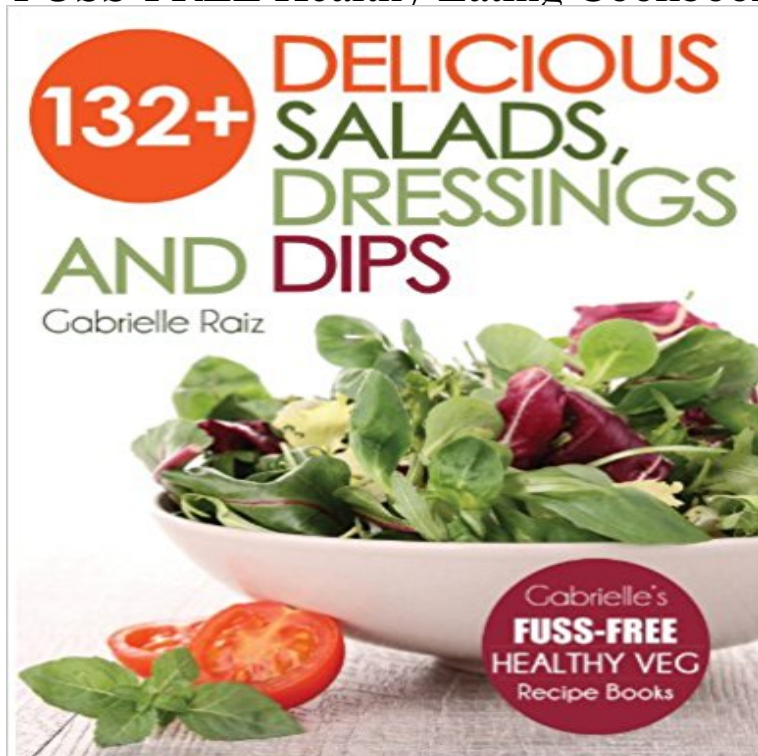


132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielles FUSS-FREE Healthy Eating Cookbooks And Vegetarian Recipes)



Make Mouth-Watering Healthy Salad Recipes For Weight Loss And Healthy Eating. Great Cookbook For Vegetarians And Vegans! In this packed-full-of-recipes and information healthy cookbook, you'll discover over 132 healthy salad recipes, delectable dressings, creamy yummy dips and satisfying healthy dinners. Whether you are vegetarian or vegan, or just looking for a healthy and convenient alternative to the dreary old salad, everyone's taste buds will go crazy when they sample your amazing scrumptious salads, dressings and dips. Let Gabrielle lead you on your own personal healthy super-salad revolution, expand your repertoire of healthy and raw food and delight your taste buds. These health-giving creations, using easy to find ingredients, have been convincing even the most salad-phobic of folk! With her trademark down-to-earth approach, Gabrielle shows you: How to create delicious, healthy salads, dressings and dips all fuss-free, tried and tested and using easy-to-find ingredients! How to make even the most often-used salad ingredients taste far better, by cleverly preparing your vegetables to vary consistency and mouth-feel. How simplicity can make you a winner in the kitchen. Some healthy salad recipes you will learn are beautiful precisely because of their simplicity. How you don't always need a complex or long list of ingredients to make your healthy creations interesting or delicious. Versatile recipes, ranging from simple through to Gabrielles famous and sophisticated super salads. Lose weight! Feel vital and alive! 215+ pages of practical information. Easily make the transition away from packaged and processed foods and enjoy eating fresh, (mostly) raw vegetables and superfoods - the key ingredients to vibrant health, weight loss and energy!

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