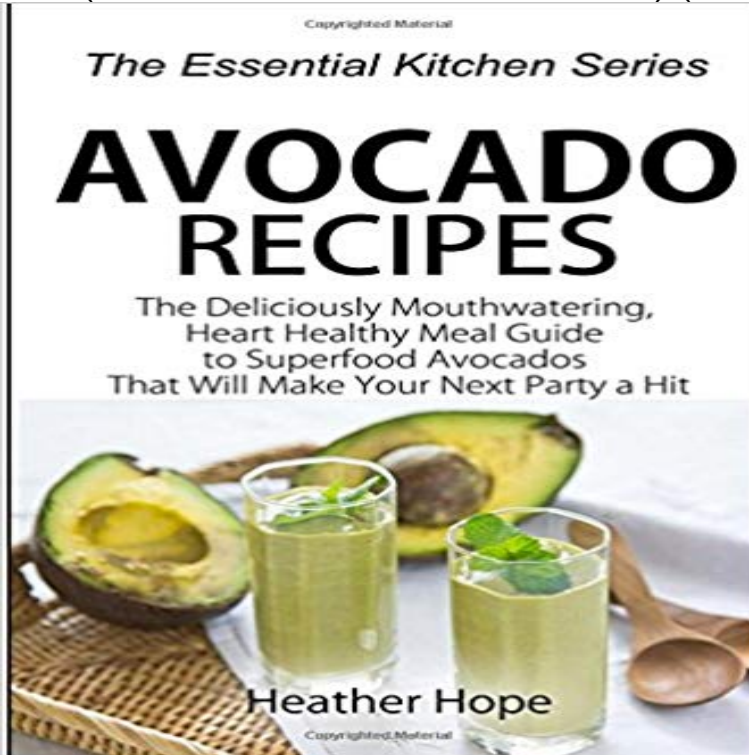


Avocado Recipes: Guide The Deliciously Mouthwatering, Heart Healthy Meal Guide to Superfood Avocados That Will Make Your Next Party a Hit (The Essential Kitchen Series) (Volume 67)



Avocado Recipe Guide The Essential Kitchen Series, Book 67 A Delicious, Mouthwatering, Heart-Healthy Meal Guide to Super-food Avocados That Will Make Your Next Party a Hit Avocados are one of nature's most heart healthy foods. They are delicious and will add flavor to any meal breakfast, lunch or dinner. Take a look at some of the amazing recipes that are included with this superior guide: Avocado Pizza Grilled Avocado, Tomato and Cottage Cheese Salad Avocado Fries Avocado Lime Cheesecake Cupcakes Avocado Ice Cream Spinach Avocado Salad Avocado Egg Rolls So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body performs tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book!

Heart-Healthy and Packed with Delicious Flavor Welcome the Avocado Recipe Guide into your kitchen and break free from the mainstream, strengthen your heart, and cleanse your system by pledging to eat a healthy diet. You've heard a lot lately from the media, online cooking shows and your doctor about anti-oxidants and free radicals. Incorporate this newfound knowledge into your own diet by utilizing these tasty recipes. Foster Healthy Choices and Habits The Avocado Recipe Guide is a must read cookbook for individuals desiring more energy, reduced pain, and a stronger heart. Learn what thousands have already discovered in relation to inflammation: some ingredients exacerbate inflammation, while others act as healing agents. There is no better way to learn the secrets of dietary inflammatory control than by downloading this book, filled with an assortment of delicious avocado recipes. It's your body; start the healing process today. Learn to take charge

of its maintenance, turning the corner on fatigue and pain. Adopt the idea of a healthy lifestyle and buy this cookbook today! You'll have absolutely no regrets, but will discover a new you, with bundles of energy and renewed vitality. When you purchase today, you will also get access to a special free gift from The Essential Kitchen Series (\$97 Value).

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