



Vegetarian Health Recipes for Super Energy Long Life to 120

By Patricia Bragg

Bragg Health Science. Paperback. Book Condition: New. Paperback. 326 pages. Dimensions: 8.7in. x 6.1in. x 0.9in. Our book features over 300 pages, and 700 recipes, including both raw food and cooked vegetarian recipes for salads, dressings, soups, entrees, sauces, desserts. The new Vegetarian Health Recipes book has inspirational thoughts from Patricia, and her legendary father, Paul Bragg. Recipes are cholesterol-free, and low in saturated fat. First introduced to over 700 physicians, nutritionists, and health scientists from 42 countries at the 5th International Congress on Vegetarian Nutrition - Loma Linda University in Southern California. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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